

health trek



LESSON 5

let's get physical



health
trek

Today's Objectives

- Find you Basal Metabolic Rate
- Participate in activity and writing stations to understand components of:
 - physical activity
 - nutrition
 - disease prevention
 - goal setting



Benefits of Exercise

- Makes muscles stronger
- Makes bones stronger
- Improves flexibility
- Boosts energy levels
- Helps you sleep better
- Reduces risk of diabetes
- Lowers blood pressure
- Helps control weight
- Reduces some types of cancer
- Improves cholesterol levels
- Improves resistance to colds



Basal Metabolic Rate

Female

$$655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) \\ - (4.7 \times \text{age in years})$$

Male

$$66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) \\ - (6.8 \times \text{age in years})$$

Station Activities

- You will be at each station for 5 to 6 minutes.
- Take your paper and writing utensil with you.
- Stay with your group and at your station- do not wander around.
- All odd numbered stations are activity and all even numbered stations are writing.

Conclusion

- Turn in your Let's Get Physical Stations Activities student handout
- Complete the Conclusion Sheet