

FITNESS HOMEWORK – WHY?

So why are we going to have fitness homework this year? Here are a few reasons:

- 90 min. of physical activity every other day is not enough for a teenager
- To learn how to train to reach our fitness goals
- To reinforce concepts learned in class

Did you know????

What is obesity?

A few extra pounds do not suggest obesity. However they may indicate a tendency to gain weight easily and a need for changes in diet and/or exercise. Generally, a child is not considered obese until the weight is at least 10 percent higher than what is recommended for the height and body type. Obesity most commonly begins in childhood between the ages of 5 and 6, and during adolescence. Studies have shown that a child who is obese between the ages of 10 and 13 has an 80 percent chance of becoming an obese adult.

What causes obesity?

The causes of obesity are complex and include genetic, biological, behavioral and cultural factors. Basically, obesity occurs when a person eats more calories than the body burns up. If one parent is obese, there is a 50 percent chance that the children will also be obese. However, when both parents are obese, the children have an 80 percent chance of being obese. Although certain medical disorders can cause obesity, less than 1 percent of all obesity is caused by physical problems. Obesity in childhood and adolescence can be related to:

- poor eating habits
- overeating or binging
- lack of exercise (i.e., couch potato kids)
- family history of obesity
- medical illnesses (endocrine, neurological problems)
- medications (steroids, some psychiatric medications)
- stressful life events or changes (separations, divorce, moves, deaths, abuse)
- family and peer problems
- low self-esteem
- depression or other emotional problems

What are risks and complications of obesity?

There are many risks and complications with obesity. Physical consequences include:

- increased risk of heart disease
- high blood pressure
- diabetes
- breathing problems
- trouble sleeping

A healthy lifestyle must be reinforced at home as well as at school. That is why it is so important to start positive exercise habits at a young age and that is the main reason we have fitness homework here at Mattawoman. Most fitness homework assignments will be brief but they **will be collected and graded every time**. All fitness homework must be signed by a parent. Hopefully these fitness home works will be motivating for the entire family and will help every student.

Assignment – Physical – 30 min. Muscular Endurance workout of your choice.

What Muscular Strength workout did you do? _____

Parent Signature(Required): _____

I participated with my child: Yes _____ (.5 extra credit) No _____

Assignment – Written

1. Which fitness fact from above stood out to you? And why? (parent or child may answer)

2. Why is it important to have improved muscular endurance?

3. What everyday activities/chores do you perform that require muscular endurance?