

Name: \_\_\_\_\_ Block: \_\_\_\_\_ Date: \_\_\_\_\_

## FITNESS HOMEWORK – Lazy!!!

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???**

**Laziness:**

1. **not wanting to work:** unwilling to do any work or make an effort
  2. **conducive to idleness:** contributing to an unwillingness to work or make an effort
  3. **slow:** moving slowly
- When contemplating whether or not you should do something, think to yourself "I'll do what I have to do, so I can do what I want to do."
  - Make sure you're on a healthy diet; junk food doesn't give your body the nutrients it needs to be active.
  - Exercise. Go jogging through your neighborhood a few times a week, and in time you will see an improvement in the way that you feel and look. Working out will give you a lot of motivation and keep you from getting or feeling lazy. If you haven't worked out much before, stretch first, then start slow. If you don't, you will be in so much pain from sore or pulled muscles it will be easy to use it as an excuse to stop exercising.
  - Make sure to drink a lot of water all day long, so you don't become dehydrated.
  - Getting enough sleep each night can make you feel more awake. Depending on your activity and age, you may need up to 10 hours (teenagers) or as little as 5 (elderly).
  - Avoid sugar and especially foods with "high fructose corn syrup" or "corn syrup" in the ingredients, as these can lead your body into metabolizing sugars instead of fats. Also, unnatural sugars (without fiber) may give you a short energy buzz, but then a blood sugar drop and you will feel fatigued and hungry.
  - Place copies of a goal sheet or your routine everywhere: one on the fridge, on your night stand, by your computer, on your bathroom mirror, even on the bedroom door. Just place them where you look or go to often.
  - Doing meditation can help reduce laziness

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. Cardio workout. What did you do?** \_\_\_\_\_

**Parent Signature(Required):** \_\_\_\_\_

**I participated with my child: Yes** \_\_\_\_\_ **(.5 extra credit) No** \_\_\_\_\_

1. What is laziness?

2. How can you break lazy habits?

3. Why do you think that meditation will help with laziness?