

FITNESS HOMEWORK – Relaxation

Did you know????

Benefits of Relaxation

An elixir for body, mind & spirit!

Relaxation is perhaps the single most important key to health and well-being. It is the antidote to stress which is known to contribute to the development of disease. When we relax, our body has an opportunity to unwind. The benefits of relaxation have been well researched and some of these are summarized below.

Relation

- gives the heart a rest by slowing the heart rate
- reduces blood pressure
- slows the rate of breathing, which reduces the need for oxygen
- increases blood flow to the muscles
- decreases muscle tension

As a result of relaxation, many people experience -

- more energy
- better sleep
- enhanced immunity
- increased concentration
- better problem-solving abilities
- greater efficiency
- smoother emotions — less anger, crying, anxiety, frustration
- less headaches and pain

We encourage you to make relaxation a priority!

*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 homeworks will be motivating for the entire family and will help every student.*

Assignment – Physical – 30 min. Flexibility workout. What did you do? (explain)

Parent Signature(Required): _____

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

1. Which fact from above stood out to you? And why?

2. What physical flexibility activity benefits you the most and why?

3. Why is it so important to relax?