

Feel Good, Think Sharp, Look Your Best

3rd Edition



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Table of Contents

	Page
Program Overview	3
Viewer Objectives	4
Suggested Lesson	5
Description of Blackline Masters	6
Transcript of the Video	7
Web Resources	14

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Third EDITION
**FEEL GOOD, THINK SHARP,
LOOK YOUR BEST**

Running Time: 15 minutes

PROGRAM OVERVIEW

Intended Audience and Uses

Based on the National Health Education Standards of the American Association for Health Education, the third edition of *Feel Good, Think Sharp, Look Your Best* has been produced for youngsters in grades 5-8. It has been designed to be used in the health curriculum, but also can be used in physical education and science classes. The program shows preteens and young teens how they can adopt healthful daily routines – with the emphasis on exercise – to prevent the onset of diseases normally associated with sedentary life styles. Special attention has been given to portray exercise as a positive experience, and a large variety of exercise options are shown. Revised material includes information on the government’s My Plate Guidelines, adopted in 2011.

The latest research has shown that our country’s youngsters have become increasingly sedentary, sitting for hours every day in front televisions and computers. The consequences have been dire. Childhood obesity is on the upswing, as are diseases typically associated with overweight adults – Type 2 diabetes and heart complications. The projected long-term results are also grim, with healthcare costs expected to skyrocket, as ever-larger numbers of adults with serious health problems require long-term medical assistance. The toll in human suffering cannot even be estimated.

Program Synopsis

The video begins by showing that as we get older, we make more decisions that affect our lives. Many of those decisions affect our minds and bodies, including those regarding how we approach exercising. For the most part, we exercise to keep three key body systems – circulatory, muscular and skeletal – working well. The program then shows specific exercises for each of these systems and tells the ways they can best be done. The next part of the video discusses how to exercise safely. Safety topics covered include wearing protective gear and the need to drink liquids before, during and after exercise. (Warm-up and cool-down periods are discussed earlier in the program).

The second part of the program explains the role of eating properly to enhance any exercise program and discusses the government's "My Plate" guidelines. The role of good hygiene, sleep and weight control is also covered. In addition, a detailed discussion of the benefits of endorphins released during exercise is included. Benefits discussed include anger management, memory improvement, and immune system enhancement. The last section of the program shows some practical, everyday methods that can be used to increase exercise time.

VIEWER OBJECTIVES

After viewing this video and participating in the suggested activities, viewers should be able to do the following:

1. Recount at least four physical activities each to keep the circulatory, skeletal and muscular systems in excellent condition.
2. Discuss the need for safety gear, hydration, warm-up and cool-down periods as key components of exercise.
3. Explain the My Plate Guidelines and tell why using it can support a good exercise program.

4. Name four benefits of endorphins released during exercise.
5. Recount at least three lifestyle changes that can increase the amount of daily exercise.

The producers encourage you to make adaptations and changes to the following lesson plan whenever you feel it will enhance your students' learning experiences. Only by tailoring the material to your unique classroom situation will you be able to maximize the educational experience afforded by these materials.

SUGGESTED LESSON PLAN

Introduce the Program

A week in advance, hand out “*My Free Time Activities.*” Go over the instructions, making certain that the activities and times listed are for pastime endeavors that do not include homework or time spent eating and so forth.

Pre-Viewing Activities

Have the students classify their activities listed as either “sedentary” or “active.” Then have them tally the times spent in each category. If your students are in the mainstream, they will have spent much more time pursuing sedentary activities than in those in which a high degree of activity takes place. Ask the class if anyone believes it’s better to engage in more sedentary activities than in active ones. After the discussion, tell them they will now see a video about exercise. Explain that when they are finished viewing the video, you will want them to know the following information, listed on the chalkboard:

- Three body systems that require exercise
- The kinds of activities that strengthen each system
- Three ways to exercise safely
- The kinds of foods that should be eaten in order to exercise properly
- How brain chemicals called “endorphins” are made and why they are so useful to us

- The roles of sleep and hygiene in good health
- Three ways to easily increase daily exercise time

View the Video

Total viewing time is approximately 15 minutes.

Post-Viewing Activities

Discuss each of the points bulleted above, in the Pre-Viewing section of this guide. After your discussion, ask your students to take out the “*My Free Time Activities*” handout. After viewing the program, ask if they now feel that they get enough physical activity each day. Now hand out “*My Eating Habits*” and “*My Sleep and Hygiene Habits*.” Explain that these work sheets will help everyone find out if they eat the kinds of foods and practice the kinds of personal habits that support good health. Discuss the checkpoints after everyone has had time to complete the exercises. Then talk about how individuals might improve in these important areas of health. Show the video again and then pass out “*My Exercise Program*.” Have your students complete this work sheet. Do their activities and times meet the recommended daily minimums? If not, have each child revise their chart so that it meets at least the minimum requirements. Explain that exercising is a lifetime activity – that the human body, as explained in the program, needs activity on an ongoing basis. For follow-up activities, invite a nutritionist, your school nurse, a physician, exercise physiologist or other health professional to discuss why exercise is so important to maintain one’s health.

Description of Blackline Masters

MY FREE TIME ACTIVITIES – Helps students discover how much time they spend in sedentary and active pursuits.

MY EATING HABITS – Helps students develop good eating habits based on the "My Plate" guidelines.

MY HYGIENE AND SLEEP HABITS – Helps youngsters understand the necessity of good hygiene and adequate sleep.

MY EXERCISE PROGRAM – Helps students construct an exercise/activity program that will promote good health.

TRANSCRIPT OF THE VIDEO

When we're very young, adults make almost all our decisions for us. They decide what we'll eat, what our reading material will be, the clothing we'll wear, and much more.

As the years pass, however, we become more independent, and increasingly more decisions are left up to us. Some of those decisions can affect our health, of course.

So how can we be sure we're making the right decisions, ones that will foster sound minds and strong bodies?

Well, as much as anything else, exercise holds the key. In fact, if you exercise regularly and correctly, you can build a solid foundation of good health for the rest of your life.

But you do need to know some fundamentals, such as the three basic kinds of exercise.

First, there are exercise activities for your heart and the rest of your circulatory system, the parts of your body responsible for delivering life-giving nutrients and oxygen to each cell in your body.

Next, there are exercises that keep your skeletal system strong – exercises for your bones.

And finally, there are activities that keep your muscular system fit. They help your muscles become strong and flexible. More on each of these shortly.

But first, if you're going to do moderate to vigorous activity while you exercise, you'll want to have a short warm-up period, lasting from perhaps five to ten minutes.

Stretches, waist bends, jumping jacks, knee lifts and walking are good ways to warm up.

Now, on to some details about the three basic kinds of exercise.

First, there are exercises for your heart and the rest of your circulatory system. They're often called "endurance exercises," and running is a prime example.

You should, according to physical fitness experts, do endurance exercises for at least 20-30 minutes, four to seven days a week.

That elevates your heartbeat rate on a regular basis. Sustained, elevated heartbeat rates strengthen heart muscle, and help keep the rest of your circulatory system operating at peak levels.

In addition to running, jogging, brisk walking, and bike riding are other excellent endurance activities.

So are inline skating, ice skating and hockey, swimming, wheeling, hiking, cross country skiing, or anything else that fosters hard breathing.

In addition to endurance exercises for your heart and the rest of your circulatory system, flexibility activities, such as bowling, should be part of any personal exercise routine because they're particularly beneficial to the muscular system.

There are any number of activities that improve your flexibility.

Raking leaves, sweeping and vacuuming – and mopping the floor – are some that you can do around the house.

There are also more formal flexibility exercises, such as those used in yoga, that are excellent ways to increase your ability to reach, stretch, and bend.

Karate is also helpful in that regard.

Both karate and yoga should be done with an experienced instructor, at least until you're well grounded in the fundamentals.

Of course, you can do simple stretching exercises by yourself. The best way to stretch is to do it slowly and smoothly, without bouncing and jerking.

Continuous movement or stretches-and-holds are often preferred,

depending on which exercise you do. Ten to 30 seconds for each hold is a good rule of thumb.

As you stretch, breathe naturally, stay relaxed and avoid any extreme positions that could cause pain. In other words, stretch to the point of mild muscle tension.

If you're still not sure how to stretch correctly, there are plenty of web sites – as well as exercise books in the library – that can offer help.

Your P.E. teacher or coach are still other excellent sources of information.

Now, on to activities that help your bones stay strong, the final kind of exercise we'll discuss.

Everyday activities that strengthen your bones (and muscles, too) include carrying a backpack – as long as it's not too heavy – climbing stairs, and carrying in and putting away the groceries.

To prevent a back injury, you have to be careful not to lift anything too heavy for you. In addition, you should always lift properly: bend your knees and keep your back straight.

Some people do weight and strength training routines, such as push-ups, weight lifting and other weight-bearing activities to strengthen their bones, as well as their muscles.

However, a person should be at least 15 years old (even older is better) before using heavy weights, or weight machines.

Older teens' muscles are more fully developed. So, they can better manage the additional weight.

Until your muscles mature, you can, however, work out with light dumbbells, elastic bands, like those often used by karate students, light medicine balls, and exercise balls.

Used properly, all are great ways to build your strength and improve your coordination.

It's important to find out the proper way to do weight-bearing exercises. Otherwise, you could injure yourself.

And, of course, any so-called "shortcuts" to build strength, such as steroids, are extremely dangerous and always should be avoided!

You probably already know it's a good idea to use protective gear – helmets, elbow guards, and knee guards – when you're skating or doing any other activity that features fast movement and the possibility, however remote, of bumping into a stationary or moving object.

Of course, you should always wear a helmet when you're bike riding. You also should wear bright clothing so drivers can easily see you.

Drinking water or other liquids during, before and after exercising is another good idea. That keeps you from becoming dehydrated.

Here are some rules of thumb: drink two cups (or sixteen ounces) of liquid two hours within two hours before exercising; about one-half cup every fifteen to twenty minutes while your exercising; and approximately three cups after you exercise.

Getting enough liquid into your body is particularly important when it's hot outside.

Dehydration – in this case, losing too much water while perspiring – can make you extremely ill.

In fact, what you drink and what you eat play a big role in your ability to exercise energetically day in and day out.

Unless you eat right, it's virtually impossible to exercise for any

protracted amount of time because good food provides the fuel – the nutrients – your body needs to move.

Nutritionists, scientists who study the relationship between food and health, have developed what they call the My Plate Guidelines to help people eat properly.

According to these recommendations, everyone needs to eat lots of vegetables every day.

That includes dark green vegetables, such as spinach, and a group of vegetables called legumes. Beans, peas and peanuts are examples.

Individuals need to eat plenty of fruit, also -- easy to do because, to most people, fruit is delicious.

Next come food in the grains group. Grain foods include breads, crackers, pasta, rice and cereals. At least half the grains you eat should be whole grains.

Then come foods in the protein category, including poultry, red meat, and fish – as well as eggs, dried beans and nuts.

Dairy products such as low fat and skim milk, yogurt and cheese are also part of a healthful diet, as are sweets and fats. These should be eaten in significantly smaller amounts than other foods, however.

Even so, fats are important to good health. Many nutritionists say that fats should make up from 20 to 30 percent of all active, growing youngsters' diets.

As you may know, there are fats that are good for you and those that aren't so good for you. Fats found in nuts, seeds – such as sunflower seeds – fish and olives generally are much better for you than those found in whole milk products.

Examples include whipped cream and ice cream and the fatty foods – hot dogs, fries and burgers – served in many fast-food restaurants.

You can find the exact amounts of the foods you need if you go to www.choosemyplate.gov, click "Get A Personalized Plan," and type in your age, select whether you're male or female, enter your weight and height, and then choose your activity level. When you do, the program will give you a tailor-made guideline for a healthful diet.

Of course, you can exercise and eat properly, but if you don't shower or bathe daily, as well as brush, floss and use mouthwash at least twice a day – and get plenty of sleep each night – you won't have a completely healthful life-style.

The experts say eight hours of sleep is a good rule-of-thumb minimum. Some people, especially many teens, need more.

All these factors – plenty of sleep, a healthful diet, good hygiene, and plenty of exercise can make your life much more pleasant.

And not simply because you'll be a healthier individual. You'll probably cultivate a better appearance, too.

For weight control, there are few things better than exercise. It helps you to maintain your weight or lose unwanted pounds.

And when you look good you feel good.

In fact, many people who exercise regularly report a positive mood shift.

And speaking of your moods, if you're upset or distressed, exercise is one of the best ways to get rid of those unpleasant feelings.

That's because physical activity can produce chemical changes in your brain. Specifically, chemicals known as endorphins are released when you exercise – and certain kinds of endorphins reduce sad and angry feelings.

Not only that, other endorphins – there are about 20 different kinds, in all – boost your body's ability to protect itself against disease.

According to the latest research, endorphins may boost your

immune system's ability to fight illnesses such as cancer and diabetes.

It is also believed that blood vessels benefit from still other endorphins, those that help reduce blockages. And that, in turn, reduces the risk of heart attacks and strokes.

Moreover, endorphins released during exercise enhance your memory. And that can help you get better grades because the more course material you can remember, the better you'll do on tests.

So it just stands to reason that whenever you have a choice, you'd be wise to take the more active alternative, such as walking up escalators, carefully – instead of standing on them – or taking the stairs instead of an elevator.

Another alternative? Walk or ride your bike to the store and back, instead of getting in the car.

And most certainly, you'll want to turn off that TV, video game, or computer, and head outside with a friend to get some exercise in the fresh air.

In short, there's almost no end to the good things that can result from exercise – whether it's keeping active to strengthen your heart and the rest of your circulatory system; or exercising your muscles to increase power and flexibility; or working out to keep your bones fit.

Yet, good exercise technique requires that you pay attention to safety, also, by taking the time to warm up and cool down, to drink enough liquids, and to wear the proper equipment.

It also requires that you eat foods based on the "My Plate" Guidelines, get plenty of rest, and practice good hygiene every day.

Do all these things, and you're almost certain to have the kind of life you want – active, healthful, and happy.

WEB RESOURCES

Exercise, Balanced Diet Best Way to Fight Childhood Obesity

<http://www.kidsource.com/health/fight.child.obesity.html>

More detailed information on this crucial subject based on research conducted by Georgetown University Center for Food and Nutrition Policy

Health Benefits of Physical Activity During Childhood and Adolescence

<http://www.fitness.gov/childhood.html>

An excellent review of the many ways physical activity benefits children of all ages

Physical Fitness & Activity in Schools

<http://www.nlm.nih.gov/medlineplus/exerciseforchildren.html>

The National Institutes of Health resource for information regarding exercise and children

Name _____

My Free Time Activities



How do you spend your free time – periods when you're not doing homework, eating or sleeping? Do you play games on a computer? Chat online? Watch TV? For one week, keep a log of your free time activities and how much time they take up.

Day	Activity	Time
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Name _____

My Eating Habits

A Checklist



As you saw in the video, vegetables are an important part of a nourishing diet. Do you eat the recommended amount of vegetables each day? Go to www.choosemyplate.gov. Type in the information required on the site (your age, daily activity level, etc.) to see how much of each food category you should eat. Then fill in the information below.

I should eat _____ of grains each day.

I should eat _____ of vegetables each day.

I should eat _____ of fruit each day.

I should drink/eat _____ of dairy products each day.

I should eat _____ of protein each day.

If you do not eat these foods in their recommended amounts, you may decide to change your eating habits so that you can eat in a way that will support a healthful exercise program.

Name

My Sleep & Hygiene Habits

A Checklist



As you saw in the video, getting enough sleep and practicing good hygiene are important parts of a healthful life style – as well as exercising regularly. If you can check all the items below – and if you exercise regularly – you have a healthful lifestyle. If you can't check all the items, try readjusting your habits so you'll be able to so in the near future.

- I get at least eight hours of sleep each night.
- I go to bed at about the same time each night.
- I shower or bathe daily.
- I shampoo at least three times a week.
- I wash my hands after using the washroom.
- I wash my hands before eating meals.
- I brush my teeth at least twice daily for a minimum of three minutes each time.
- I floss my teeth each time I brush.
- I use mouthwash each time I brush my teeth.
- I cover my mouth when I cough or sneeze.
- I don't smoke or use any other non-prescribed drugs.

Name _____

My Exercise Program

Daily Log



Your heart and circulatory system, skeletal system, and muscular system need daily exercise. You need at least 20 minutes of enjoyable, moderate activity (some experts say 30 minutes) to keep your heart and circulatory system in good shape. A half hour of vigorous activity 3-4 times a week is also recommended. Bending, stretching and reaching exercises will keep your muscular system in good working order and your joints flexible. Lifting (as long as the load isn't too heavy), as well as using elastic bands, exercise balls and light medicine balls are good for your skeletal system. Fill in the daily log to see if you exercise enough.

Day	Activity	Time
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
