

Name: _____

Period: _____

Roll Number: _____

10 Reasons to Get and Stay in Shape (Movie Guide)

1. IMPROVES MOOD

2. ^{BENEFITS} CARDIOVASCULAR

3. STRONGER MUSCLE

4. HEALTHY LUNGS

5. HEALTHIER BONES

6. WEIGHT CONTROL

7. IMPROVES SLEEP

8. IMPROVES TOTAL HEALTH

9. FASTER RECOVERY
FROM ILLNESS

10. LONGER, HEALTHIER, HAPPIER LIVES

1. List some reasons why young people are less fit than ever before.

STEADY DIET OF FAST FOOD

NON ACTIVE LIFESTYLE

SIT IN FRONT OF TV OR COMPUTER INSTEAD OF EXERCISING

2. What are some of the disease linked to obesity?

CANCER, DIABETES, HEART DISEASE, HIGH BLOOD PRESSURE
& HIGH CHOLESTEROL

3. In the video, how does Dr. Craig Harms compare teenage fitness to a bank account?

SAVING UP FITNESS DURING TEEN YEARS IS LIKE INVESTING IN GOOD
HEALTH. IT WILL PAY OFF IN THE LONG RUN.

4. What are some of the psychological benefits of exercising?

CHEMICALS CALLED ENDORPHINS ARE RELEASED DURING EXERCISE.
THEY GIVE THE BODY A NATURAL HIGH. IMPROVES SLEEP
CONFIDENCE & LOWERS STRESS.

5. What is cholesterol? What is the difference between HDL and LDL?

CHOLESTEROL IS A WAXY SUBSTANCE THAT IS USED IN THE BODY.
FATTY DIET & LOW EXERCISE CAUSE A BUILD UP OF CHOLESTEROL.
HDL = GOOD CHOLESTEROL LDL = BAD CHOLESTEROL

6. What is the single most destructive activity for the respiratory system?

SMOKING

7. What is osteoporosis and how can exercise lower the risk of developing it?

WEAKENING OF THE BONES - MAKES THEM BRITTLE.
EXERCISE MAKES THE BONES STRONGER & MORE DENSE.

8. How can exercise prevent us from getting colds and other illnesses?

GERM FIGHTING CELLS INCREASE IN NUMBER &
STRENGTH.