

## Lesson: Physical Activity and Energy Balance

### Goals:

- Students will understand the concept of energy balance.
- Students will understand the importance of Go Foods during exercise.
- Students will understand strength, cardiovascular and flexibility exercises and how each exercise helps their bodies.

### Background:

Carbohydrates are good sources of energy. Some carbohydrates are better choices because they are more nutrient dense than others. If an individual is healthy then they should eat carbohydrates in moderation, using MyPlate as a guide. Carbohydrates are in all five food groups; some plant proteins, milk, fruit, vegetables and grains.

### Lesson:

Raise your hand if you looked at your cereals at home to decide if they were Go or Slow cereals. Now raise your hand if you made any changes to what you choose for breakfast. **(Select two or three students to share the changes that they made.)** That's wonderful to hear!

Today we're going to be talking about physical activity and energy balance. Who can tell me what energy balance means?

*(Energy in through food vs. energy out through activity)*

Why is it important for us to stay physically active?

*(Keeps our bodies healthy, helps prevent diseases, gives us energy to do what we love to do, helps us maintain a healthy weight)*

How long do we need to be moving every day to stay healthy?

*(At least 60 minutes)*

There are so many ways you can be active – sports, playing tag, walking the dog. Who remembers the three ways we should exercise in order to keep our bodies strong and healthy? *(cardiovascular, strength and flexibility)*. **(Show slide 1.)** Right!

Cardio is for our hearts, strength is for our muscles and flexibility keeps our muscles loose.



Everybody stand up and push in your chairs. We are going to do a yoga pose called the warrior. Ready? **(Demonstrate warrior pose, hold for the count of 10 and repeat on second leg.)**

Who can tell me which type of exercise this is and why? *(flexibility because you are stretching both arms and legs and strength because you are using muscles to hold the pose)*

Now, I want one of you to pick an exercise and come up here and lead the class. While we are doing the exercise we will think about how it is helping our bodies. Is it making us stronger, stretching our muscles or strengthening our heart?

**(Have 3 or 4 students lead an exercise of their choice. Then discuss how it is helping the body. If any type of exercise is not covered, include it at the end.)**

These are exercises that you can do while watching TV, or waiting for the bus. What are some fun activities, that will help with strength, stretching and cardio, that you can do with a group of friends or family at holiday gatherings or parties? *(tag – cardio; tug of war – strength; biking – cardio and strength; volleyball – strength and cardio; swimming – strength and cardio.)*

Not many of these exercises include stretching. That is because stretching is an exercise that you probably do sometimes without even thinking, like when you stretch after waking in the morning or getting up from your chair. But there is one sport that lots of people like to do and all it is, is stretching. Does anyone know what it is? (yoga) Lots of people like yoga because it makes you feel very good.

**(Show slide 2.)** How do you think we get energy to do all of these fun activities? (eating Go Foods) Right! Our bodies need fuel so they will work! We need fuel for our basic body functions and for physical activity. Our bodies need energy to breathe, pump blood through our bodies, digest food, maintain our body temperature, fight germs, heal cuts and take care of our bodies even when we are not being active. Three quarters of the energy we need is used for these basic body functions. When we participate in physical activities we use more energy.

If we eat more than our bodies need to support our basic body function and our physical activity, we gain weight. If we eat a lot less than we need, in severe cases, we may not grow properly and can get sick. Pay attention to how your body feels and whether it feels hungry, thirsty or full. This will help you judge how much food and how many drinks you need.

When you are playing hard or exercising you may need an additional snack to keep you feeling strong. The best fuel for this is Go Food carbohydrates.

**(Show slide 3.)**

Carbohydrates are found in all 5 food groups and provide quick energy for our bodies. They digest quickly and send energy right to our muscles. There are Go Food carbohydrates and Slow Food carbohydrates. Grains, fruits, and vegetables are great sources of Go Food carbohydrates because they give us long lasting energy. Donuts, cookies and cake are Slow Food carbohydrates because they give us quick energy that does not last.

It's just one more reason to eat your fruits and vegetables! Did you know that ninety percent of Americans don't eat enough of fruits and vegetables? Who knows the minimum number of servings of fruits and of veggies we should eat every day? (*Two fruits and three vegetables or half of each plate at meals*)

Including fruits and veggies at each meal and during snacks is a great way of getting your carbs so you have the energy for physical activity!

The amount of food we need to eat depends on the intensity and amount of physical activity we do. So remember the more we move, the more energy we need and the more Go Foods we need to fuel our body. Listen and pay attention to signals from your body. It will tell you if you are thirsty or hungry or if you just have an appetite for something.