



The New York City Health Literacy Campaign:
From Knowledge to Action.
Model Lessons

BE ACTIVE
ABE LEVELS 3 & 4

STUDENT'S EDITION



Developed by the Mayor's Office of Adult Education

May 2008

ACTIVITY 2: WHEN EXERCISE IS A PART OF EVERYDAY LIFE

STAYING FIT WITHOUT A GYM MEMBERSHIP

When James Buss turned 30 last year, he had an epiphany: Good health was not something that he could continue to count on if he didn't exercise. His parents had high blood pressure, and he wanted to nip this unwanted inheritance in the bud.

Yet he hated going to the gym he joined for six months. "Going to the gym for me feels like another part-time job," says Buss. "I find gyms really boring."

So he became an incidental exerciser or, in the parlance of physiologists, a "lifestyle exerciser." At Grand Central, he'd forgo the escalator to bound up the stairs to the street. He'd walk the 30 blocks home from his fact-checking job several times a week, and sometimes climb all 15 flights to his apartment.

Television watching became prime time for spot toning: Buss wound himself into all manner of yoga poses in front of the set, and converted a bed-side table into a foot-holder for

stomach crunches. By exercising in front of the TV, he says, "I feel like I'm accomplishing something: I'm not just a couch potato."

At his desk at work, he took to doing a series of stretches to relieve neck and back kinks. When summer comes, he makes a point of swimming as often as he can.

Lifestyle exercise is indeed rewarding, says Buss, because activity begets yet more

activities: The more he does, the less tired he feels. He also saves time, that most precious Gotham commodity. While hordes of New Yorkers stand bottlenecked on platforms waiting for a subway escalator, Buss is up the stairs and on his way.



Shop till you drop pounds

The 1991 edition of "Exercise Physiology," published by Lea & Febiger includes a table that lists calories expended in a wide range of activities. The following estimations are those of calories expended for a 157-pound person during one hour of the listed activity.

| Activity | Calories |
|---------------------------------|----------|
| Universal Circuit Training..... | 498 |
| Carpentry..... | 222 |
| Cooking (female)..... | 192 |
| Cooking (male)..... | 204 |
| Intense aerobic dance..... | 600 |
| Leisurely cycling..... | 270 |
| Food shopping..... | 264 |
| Lawn mowing..... | 480 |
| Raking..... | 228 |
| Playing drums..... | 282 |
| Playing violin..... | 192 |
| Mopping floor (female)..... | 264 |
| Mopping floor (male)..... | 246 |
| Racquetball..... | 756 |
| Lying around..... | 96 |
| Typing..... | 114 |
| Window cleaning..... | 252 |
| Tennis..... | 462 |

DAILY NEWS
MONDAY APRIL 12, 1999

ACTIVITY 2 (CONT.): WHEN EXERCISE IS A PART OF EVERYDAY LIFE

Directions: Use context clues to find the meaning of new vocabulary words.

| | |
|---|--|
| 1. Epiphany a. a type of sickness or disease b. a sudden insight c. a musical instrument | 6. Begets a. lessens b. adds to c. brings about |
| 2. Incidental a. casual b. planned c. every day | 7. Commodity a. place to go b. item of value c. statue |
| 3. Parlance a. manner of dress b. way of speaking c. a form of dance | 8. Hordes a. small groups or crowds b. large groups or crowds c. a type of animal |
| 4. Physiologists a. those who study the mind b. those who study emotions c. those who study organs, tissues, and cells | 9. Bottlenecked a. people who stood in line b. stuck in the top of a bottle c. trapped in congested traffic |
| 5. Forgo a. give up b. to not remember c. to join | 10. Estimations a. numbers b. educated guesses c. opinions |

Thinking about the reading:

11. This article talks about “incidental” or “lifestyle” exercise in order to prove that you do not have to go to the gym in order to be active. What is incidental exercise?

12. Name six examples of incidental exercise.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

ACTIVITY 3: BE ACTIVE TO CONTROL BODY WEIGHT¹

Having a healthy lifestyle isn't just about eating healthy—it's also about getting regular physical activity. Regular physical activity is important for your overall health and fitness. It also helps you control body weight by balancing the calories you take in as food with the calories that you burn during physical activity each day.

Most adults need about 2,000 calories a day. The exact number of calories each person needs depends on their sex, age, and physical activity level. Eating or drinking more calories than the body uses causes weight gain. Weight gain can lead to obesity, diabetes, and heart disease. Most people misjudge the amount of calories that they consume. As a result, it is easy to take in too many calories without realizing it. For example, some large sodas have as many as 600 calories and some entrees may contain 1600 calories. Just eating or drinking 100 extra calories per day leads to 10 pounds of extra weight in a year!

| Recommended Daily Caloric Intake ² | | | | |
|---|--|-----------------------------------|--|------------------------------------|
| | Males | | Females | |
| | Activity Level | | Activity Level | |
| Age | Less than 30 min. of activity each day | 30 - 60 min. of activity each day | Less than 30 min. of activity each day | 30 to 60 min. of activity each day |
| 16-18 | 2400 | 2800 | 1800 | 2000 |
| 19-20 | 2600 | 2800 | 2000 | 2200 |
| 21-25 | 2400 | 2800 | 2000 | 2200 |
| 26-40 | 2400 | 2600 | 1800 | 2000 |
| 41-45 | 2200 | 2600 | 1800 | 2000 |
| 46-50 | 2200 | 2400 | 1800 | 2000 |
| 51-60 | 2200 | 2400 | 1600 | 1800 |
| 61-65 | 2000 | 2200 | 1600 | 1800 |
| 66+ | 2000 | 2200 | 1600 | 1800 |

Calories measure the amount of energy available in the foods and drinks you take into your body as well as the amount of energy your body burns when you are active. Your body burns calories during daily activities such as brushing your teeth and during activities that require extra physical exertion such as walking or running. The more active you are, the more calories you will burn.

¹Reading adapted from "Finding Your Way to a Healthier You: Based on the Dietary Guidelines for Americans U.S. Dept. of Health and Human Services and the U.S. Dept. of Agriculture" found at: www.health.gov/dietaryguidelines/dga2005/document/html/brochure.htm#b4.

² Table and text on calories adapted from "How Many Calories do people Need Each Day?" New York City Department of Health and Mental Hygiene found at: <http://www.nyc.gov/health>.

ACTIVITY 3 (CONT.): BE ACTIVE TO CONTROL BODY WEIGHT

In order to have a healthy lifestyle you need to limit how many calories you take in through food and drinks. But just being careful about how many calories you consume is not enough - you also need to be active in order to burn the calories that you take in through eating and drinking!

Health professionals recommend that you:

- Be physically active for at least 30 minutes most days of the week to control your weight.
- Be physically active for about 60 minutes each day to lose weight.
- Reduce calories and increase physical activity in order to lose weight.

Questions:

1. Explain the meaning of "Recommended Daily Caloric Intake" (RDCI).

2. Using the table:
 - a. Miguel is a 42 year-old man who is never active. What is his RDCI?
 - b. Marcel is a 44 year-old man who exercises at least 30 minutes each day. What is his RDCI?
 - c. Margo is a 43 year-old woman who is never active. What is her RDCI?
 - d. What would Margo's RDCI be if she started to get regular exercise?
 - e. How is RDCI different for men and women?
 - f. How is RDCI different for people who do not exercise and people that exercise 30 – 60 minutes each day?
 - g. How does RDCI change with age?

3. What is the minimum amount of activity we should get every day?

4. Why do we gain weight?

5. How do we lose weight?

ACTIVITY 4: SOME OTHER GOOD REASONS TO BE ACTIVE³

Besides helping you control or lose weight, an active lifestyle also improves your overall health and reduces your risk of disease.

Short-term benefits of regular physical activity include:

- A healthier heart. Physical activity makes demands on your heart that make it stronger and better able to function.
- Healthy muscles, bones, and joints. Activities such as weight lifting improve your bone and muscular strength, which is especially important for older adults to prevent falls and injuries.
- Improved ability to fall asleep and sleep well.
- Increased energy.
- Increased mental ability. You will be sharper and faster thinking.
- Better mental health and ability to cope with stress. People who are active have less anxiety, depression, and stress than people who aren't active.

Long-term benefits of regular physical activity include reduced risk of:

- Dying early.
- Developing heart disease.
- Having a second heart attack.
- Developing high blood pressure. Regular physical activity can also lower blood pressure in those who have high blood pressure.
- Developing type 2 diabetes. Physical activity may prevent Type 2 diabetes.
- Developing cancer.
- Becoming obese.

Questions for discussion:

1. What is the difference between short-term and long-term benefits?

2. What do you think are the best reasons to be active? Why?

³Adapted from: <http://www.webmd.com/fitness-exercise/tc/fitness-why-should-i-exercise>

ACTIVITY 5: BE ACTIVE - STEP TO IT

Health professionals say that we should be active for at least 30 minutes each day in order to control our weight and stay healthy. They also suggest that we try to take at least 10,000 steps each day. Do you know how many steps you take in one day? If you don't, you can use a pedometer to find the answer. A pedometer is a tool that counts every step you make.



How to use your pedometer:

1. Push the RESET button.
2. Attach your pedometer to your waistband or belt.
3. Take 20 steps. Check your pedometer.
4. Reset your pedometer.
5. How many steps do you think you will take on your walk?

I will take _____ steps.

6. Take a walk with your class.
7. How many steps did you take during your walk?

I took _____ steps.

8. What is the difference between the amount of steps that you thought you would take and the amount of steps that you actually took? _____
9. Do you think that you take 10,000 steps each day? _____
10. Can you think of any ways that you can take more steps?



Some Easy and Affordable Ways to Take More Steps

Example: We can walk to school.

1. _____
2. _____
3. _____
4. _____
5. _____

ACTIVITY 5 (CONT.): BE ACTIVE - STEP TO IT

11. How many steps do you think you will take between now and the next time you are in class?
Let's find out! For homework you will use the pedometer to count how many steps you take in one day. Guess how many steps you will take in one day.

I think that I will take _____ steps in one day.

12. According to health professionals, we should be active for at least 30 minutes every day in order to control our weight. In addition, we should take at least 10,000 steps every day. Do you think that you take 10,000 steps each day? The chart below shows how many exercises and activities can be converted, or changed into steps.

Number of Steps for 30 Minutes of Activity

| | | | | | |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| Dancing 2,130 | Skating 6,000 | Swimming 4,950 | Bicycling 6,360 | Gardening 3,540 | Playing Soccer 5,670 |
|  |  |  |  |  |  |
| Boxing 4,280 | Cleaning 2,350 | Shopping 1,930 | Weight Lifting 2,130 | Doing Yoga 2,130 | Aerobics 5,420 |

a. If you spend 30 minutes cleaning your house, 30 minutes shopping for groceries and 30 minutes dancing this Saturday, how many total steps will you take?

b. How many more steps will you need to take before you reach 10,000?

c. If you skate for 30 minutes, what fraction of your day's total steps have you taken?

d. Compare taking a yoga class for one hour to playing soccer for a half hour. What is the difference in the amount of steps between these two activities?

13. **Homework:** How many steps did you take in 24 hours?

I took _____ steps.



What is Shape Up? Shape Up New York™ is a **FREE** fitness program for you and your family. Fitness classes include aerobics, stretching, walking and weight lifting.

Who is Shape Up for? Fitness classes are open to everyone!

Where is Shape Up? Fitness classes take place in parks, community centers and housing sites around New York City. Call **311** to find a class near you!

When is Shape Up? You can begin a class at any time of the year and come as often as you want!

Why should I join Shape Up? Exercise and physical activity is important for a healthy lifestyle. Here is what other New York City residents have to say about the *Shape Up* program:



"My doctor told me to lose weight. I lost 10 pounds!"
- 43-year old woman, Bushwick, Brooklyn



"Shape Up Brooklyn helps me feel less stressed. I bring my family and friends with me to class!"
- 35-year old woman, Harlem, New York

"I started the program 2 months ago, and now I have lots of energy and my blood pressure is perfect!"

- 65-year old man, Brownsville, Brooklyn

Shape Up is sponsored by the City's Health and Parks & Recreation Departments.

Visit <http://www.nyc.gov/html/doh/html/cdp/shapeupny.shtml#site> to find the class schedule at a Shape Up New York Sites near you. You may also call 311 for more information.

Name: _____ Date: _____

ACTIVITY 6: HOW MANY STEPS DID WE TAKE?

| How many steps did we take? | | | |
|-----------------------------|----------|----------|------------|
| Name | Day 1 | Day 2 | Difference |
| 1. | | | |
| 2. | | | |
| 3. | | | |
| 4. | | | |
| 5. | | | |
| 6. | | | |
| 7. | | | |
| 8. | | | |
| 9. | | | |
| 10. | | | |
| 11. | | | |
| 12. | | | |
| 13. | | | |
| 14. | | | |
| 15. | | | |
| 16. | | | |
| 17. | | | |
| 18. | | | |
| 19. | | | |
| 20. | | | |
| Class Total | = | = | = |

ACTIVITY 7: RECREATION CENTER MEMBERSHIP

“Scanning” is a reading strategy many people use when looking up a word in the telephone book or dictionary. When you scan written materials, you search for key words or phrases. In most cases, you know what you’re looking for, so you concentrate on finding a particular answer. Scanning involves moving your eyes quickly down the page seeking specific words and phrases. Scanning is also used when you first get a written document of any kind to determine whether it will answer your questions. Scan this brochure to answer the questions below.

Locations:

1. Find the Recreation Center that is closest to your home.

Name: _____

Address: _____

Phone number: _____

2. Is this recreation center handicap accessible? _____

Does this recreation center have a pool? _____

3. Name three adult fitness programs.

Math: Membership Rates (Round your answers to the nearest penny when necessary.)

4. How much does it cost to join a recreation center without a pool?
5. That is the price for one year. How much will this membership cost per day?
6. How much more does it cost to join a recreation center with a pool than a recreation center without a pool?
7. How much will this membership cost per day?
8. How much will it cost someone older than 55 to join?
9. How much will a senior membership cost per day?
10. How much does it cost someone 18 or younger to join?

Name: _____ Date: _____

SET GOALS FOR YOUR HEALTH: YOU CAN BE MORE ACTIVE!

Here are some easy ways to be more active. Choose some goals from this list.

Remember, small changes in your life can make big changes in your health!

- I will take the stairs.
- I will take a walk every day.
- I will dance for _____ minutes every day.
- I will be active while I watch television.
- I will play active games with my kids.
- I will walk my children home from school.
- I will get off the train or bus early and walk.
- I will bicycle to work or school.
- I will use a pedometer.
- I will take free **Shape Up** classes at my local Recreation Center.
- I will join a City Recreation Center.
- I will take _____ steps every day.