



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

BE ACTIVE
ESL LEVELS 5 & 6

STUDENT'S EDITION



Developed by the Mayor's Office of Adult Education

May 2008

NAME: _____ DATE: _____

ACTIVITY 1: BE ACTIVE – EXERCISE!



1. Name some common exercises.

2. What is “regular exercise”?

Interview your partner:

Question: Hello, how are you?

Answer: _____

Question: I am about to go exercise. Do you like to exercise?

Answer: _____

Question: I like to _____. What is your favorite type of exercise?

Answer: _____

Question: Do you exercise on a regular basis?

Answer: _____

Question: How many times do you exercise in a week?

Answer: _____

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ACTIVITY 1 (CONTINUED): BE ACTIVE – EXERCISE!

What are these people doing to be active? Use this exercise vocabulary below to describe each picture in complete sentences. Try to describe when and/or where the action is taking place in complete sentences.

- | | | | |
|----------------|-----------------|-------------|-----------------|
| Walk | Dance | Jump rope | Play basketball |
| Lift weights | Run | Swim | Skate |
| Ride a bicycle | Play volleyball | Play soccer | Box |

	<p>Simple Present: She _____ every day around this time.</p> <p>Present Progressive: She is _____ in the pool right now.</p> <p>Simple Past: She _____ yesterday after work.</p> <p>Past Progressive: She was _____ in that pool yesterday.</p>
	<p>Simple Present: _____</p> <p>Present Progressive: _____</p> <p>Simple Past: _____</p> <p>Past Progressive: _____</p>
	<p>Simple Present: _____</p> <p>Present Progressive: _____</p> <p>Simple Past: _____</p> <p>Past Progressive: _____</p>
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	<p>Simple Present: _____</p> <p>Present Progressive: _____</p> <p>Simple Past: _____</p> <p>Past Progressive: _____</p>

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ACTIVITY 2: OTHER WAYS TO BE ACTIVE

We all know that exercise is good for our health, but most New Yorkers do not exercise on a regular basis. What is stopping so many of us from exercising? Some people say that joining a gym costs too much money. Other people say that they do not have the time to exercise after a long day of working, going to school, and taking care of the house. The good news is that there are many easy and affordable ways to be active besides what we tend to think of as exercise. Even though common barriers like not having enough time or money get in the way, we can still have an active lifestyle. All it takes is making some small but important changes in our daily routines. Below are some examples of easy and affordable ways to be more active:



Get off the bus one stop early and walk.



Take the stairs, not the elevator.



Play with your children.



Clean the house.

The following are three common barriers to having an active lifestyle. Work with your group to come up with some solutions for one of them.

BARRIER 1: Between work, family, and other demands, I am too busy to exercise.

BARRIER 2: Between work, family, and other demands, I am too busy to exercise.

BARRIER 3: I do not want to spend a lot of money on joining a gym or buying equipment.

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ACTIVITY 3: WHY SHOULD I BE ACTIVE?¹

There are many good reasons to be more active. Some are listed below.

1. You will control or lose weight. There are only two ways to lose weight: get fewer calories from food and drinks or burn more calories from physical activity. It may be easier to exercise more without eating more than it is to eat less.



2. You will have more energy. You may think that exercise will make you tired, but actually, the more active you are, the more energy you will have.



3. You will be able to deal with stress and have better mental health. Regular physical activity can reduce anxiety and depression, and improve your mood.



4. You will sleep better. People who are active are also able to fall asleep fast and to sleep well.



5. You will build strong bones and muscles. This is especially important for older adults, because strong bones and muscles will help prevent falls and injuries.



6. You will have a healthy heart. Being active makes your heart work harder. This makes your heart stronger and function better.



7. Your thoughts will be quicker and sharper. Being active improves blood circulation throughout the body, including the brain. Being active also decreases stress and improves mood and attention. This will help your brain perform better.



¹ Adapted from WebMD at www.webmd.com/fitness-exercise/tc/Fitness-Why-should-I-exercise and "Shape Up America" at www.shapeup.org/fitness/info/benefit.php

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ACTIVITY 4: BE ACTIVE - STEP TO IT²

Health professionals say that we should be active for at least 30 minutes every 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 device 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. **Walk** 20 steps. Check your pedometer.
4. **Reset** your pedometer.
5. How many steps do you think you will take on your walk?



I think that 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. Do you think that you take 10,000 steps each day? _____
9. Can you think of any ways that you can take more steps?

10. 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 24-hours?

I think that I will take _____ steps.

11. 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?

Question: Hello. What is your name?	Question: How many steps did you take?
Answer: My name is _____	Answer: I took _____ steps in one day.
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	

Who took the most steps? How did she or he do it?

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.