



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

**BE ACTIVE**  
**ESL LEVELS 1 & 2**

STUDENT'S EDITION



Developed by the Mayor's Office of Adult Education

Version 2008-2009

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## ACTIVITY 1: BE ACTIVE – EXERCISE!



Dance



Walk



Jump rope



Swim



Play basketball



Run (Jog)



Lift weights



Skate



Play Soccer



Bicycle (Bike)



Play volleyball



Box

**Interview your partner:**

**Question:** Do you like to exercise?

**Answer:** Yes, I like to exercise.

**Question:** What is your favorite type of exercise?

**Answer:** I like to \_\_\_\_\_

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

**ACTIVITY 1 (CONTINUED): BE ACTIVE – EXERCISE!**

**How do these people stay active?  
Use these words to describe each image.**

Walk

Dance

Jump rope

Play basketball

Lift weights

Run

Swim

Skate

Ride a bicycle

Play volleyball

Play soccer

Box

	<b>Singular</b>		<b>Plural</b>
	1. She _____		6. They _____
	2. He _____		7. They _____
	3. He _____		8. They play _____
	4. He _____		9. They _____
	5. She _____		10. They _____

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## ACTIVITY 2: OTHER WAYS TO BE ACTIVE

There are other ways to be active other than what we think of as exercise. Below are some other easy and cheap ways to be active.



Get off the bus one stop early and walk.



Take the stairs.



Play with your children.



Clean the house.

### How do these people stay active?

	1. How does this woman stay active?
	2. How does this woman stay active?
	3. How does this man stay active?
	4. How does this man stay active?

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## ACTIVITY 4: WHY SHOULD I BE ACTIVE?<sup>1</sup>

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

<p><b>1. Control your weight.</b></p> <p>Be active at least 30 minutes every day to control your weight. Exercise 60 minutes every day to lose weight.</p>	
<p><b>2. Have more energy.</b></p> 	<p><b>3. Feel less depressed.</b></p> 
<p><b>4. Sleep better.</b></p> 	<p><b>5. Build strong muscles.</b></p> 
<p><b>6. Have a healthy heart.</b></p> 	<p><b>7. Have quick and sharp thoughts.</b></p> 

<sup>1</sup>Adapted from WebMD at [www.webmd.com/fitness-exercise/tc/Fitness-Why-should-I-exercise](http://www.webmd.com/fitness-exercise/tc/Fitness-Why-should-I-exercise) and "Shape Up America" at [www.shapeup.org/fitness/info/benefit.php](http://www.shapeup.org/fitness/info/benefit.php)

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## ACTIVITY 4 (CONTINUED): WHY SHOULD I BE ACTIVE?

### Vocabulary:

Sleep better  
Less depressed

Strong muscles  
Energy

Healthy heart  
Control your weight

Quick and sharp

### Why should I be more active?

1. 	2. 
3. 	4. 
5. 	6. 
7. 	8. Can you think of anything else?

### Role Play:

**Question:** Why should I be more active?

**Answer:** \_\_\_\_\_

**Question:** What can I do to be more active?

**Answer:** \_\_\_\_\_

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## ACTIVITY 5: HEART RATE PART 1

As your heart pumps blood through your body, you can feel a pulsing in some of the blood vessels close to the skin's surface. Counting your pulse is a simple way to find out your heart rate. Heart rate is the number of times your heart beats each minute (bpm). Your heart rate is a measure of how fast your heart is beating. Health professionals suggest that we check our heart rate before and after physical activity.

Resting heart rate is your heart rate at rest. The best time to calculate your resting heart rate is in the morning, after a good night's sleep, and before you get out of bed. A good resting heart rate is between 60 beats per minute and 80 beats per minute. If your heart rate is high or fast, it means your heart needs to work hard to pump blood through your body. If your heart rate is lower or slower, it means your heart has an easy time pumping blood. This means your heart is strong and you are in good health. Everyone's heart rate is different. Heart rate depends on your age, weight, sex, and physical activity level.

You can check your pulse in several different spots on your body. The most common pulse points are on the neck and on the wrist.<sup>2</sup> Let's practice calculating heart rate as a class.

### How to measure your resting heart rate:

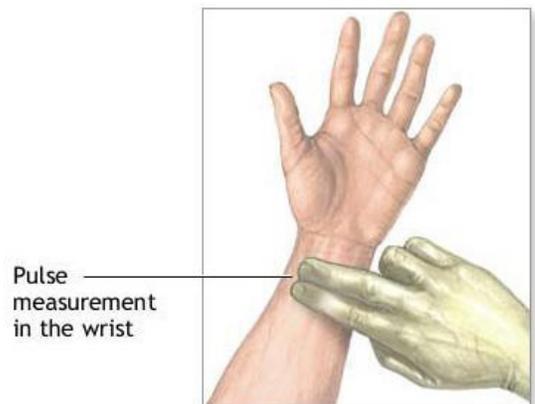
1. Stretch your left arm out and rest it on a table or other surface.
2. Turn your wrist up so that it faces the ceiling.
3. Open your hand and stretch out your fingers and thumb.
4. Take the first finger of your right hand, put it on the tip of your left thumb.
5. Slide your finger down the outer edge of your thumb until you get to your wrist.
6. Feel around your wrist bone until you feel your pulse.
7. Count the beats for 10 seconds. Multiply by 6 to get the number of beats per minute.

\*If you cannot find your pulse, do not panic! It's there. It takes some practice and feeling around your wrist to find it. Try using 2 fingers to push down lightly on your wrist.

What is your heart rate? \_\_\_\_\_

### Homework: What is your resting heart rate?

\_\_\_\_\_





**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 7: 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?**

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## ACTIVITY 8: REVIEW

### Why should I be active?

Match column A with column B. Write your answers below.

A	B
1. 	a. Sleep better.
2. 	b. Build strong muscles.
3. 	c. Have quick and sharp thoughts.
4. 	d. Have more energy.
5. 	e. Feel less depressed.
6. 	f. Control or lose weight.
7. 	Have a healthy heart.

1.  e  2.      3.      4.      5.      6.      7.

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

### ACTIVITY 8 (CONTINUED): REVIEW

**What are some easy and cheap ways to be active?**

Match column A with column B. Write your answers below.

<b>A</b>	<b>B</b>
1. 	a. Take the stairs.
2. 	b. Exercise when you watch television.
3. 	c. Clean the house.
4. 	d. Take a Shape Up class.
5. 	e. Play with your children.
6. 	f. Play basketball.

1.  c  2.      3.      4.      5.      6.

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 check my heart rate before and after exercise.
- I will take free *Shape Up* classes at my local Recreation Center.
- I will join a City Recreation Center.