



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

Version 2008-2009

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: 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.³ Let's practice calculating heart rate as a class.

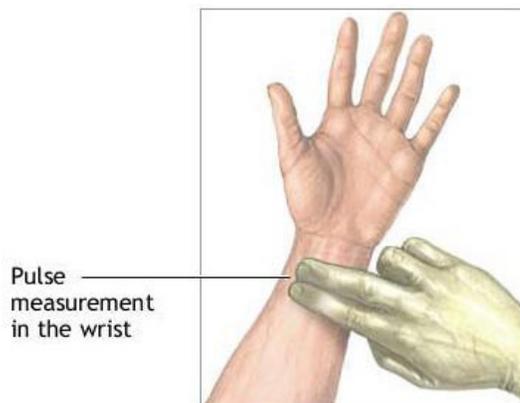
How to measure your resting heart rate:

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?



³ From the American Heart Association: www.americanheart.org



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.

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ACTIVITY 6: HEART RATE PART 2

When you exercise, your body speeds up, and so does your heart . As you continue to exercise regularly, your heart rate will not rise as high as it once did with the same amount of effort. It does not need to work very hard. This is a sign that you are becoming more fit.

Interview your classmates to learn what their heart rates were after exercising.

Question: Hello. What is your name?	Question: What was your heart rate after exercising?
Answer: My name is _____	Answer: My heart rate after exercising was _____.
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	

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.

