



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

**BE ACTIVE**  
**ABE LEVELS 1 & 2**

STUDENT'S EDITION



Developed by the Mayor's Office of Adult Education

Version 2008-2009



## ACTIVITY 1 (CONT.): BE ACTIVE – EXERCISE!

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

**Walk**

**Dance**

**Jump rope**

**Play basketball**

**Lift weights**

**Run**

**Swim**

**Skate**

**Ride a bicycle**

**Play volleyball**

**Play soccer**

**Box**



**Simple Present:** She \_\_\_\_\_ every day around this time.

**Present Progressive:** She is \_\_\_\_\_ in the pool right now.

**Simple Past:** She \_\_\_\_\_ yesterday after work.

**Past Progressive:** She \_\_\_\_\_ in that pool yesterday.



**Simple Present:** \_\_\_\_\_

**Present Progressive:** \_\_\_\_\_

**Simple Past:** \_\_\_\_\_

**Past Progressive:** \_\_\_\_\_



**Simple Present:** \_\_\_\_\_

**Present Progressive:** \_\_\_\_\_

**Simple Past:** \_\_\_\_\_

**Past Progressive:** \_\_\_\_\_



**Simple Present:** \_\_\_\_\_

**Present Progressive:** \_\_\_\_\_

**Simple Past:** \_\_\_\_\_

**Past Progressive:** \_\_\_\_\_



**Simple Present:** \_\_\_\_\_

**Present Progressive:** \_\_\_\_\_

**Simple Past:** \_\_\_\_\_

**Past Progressive:** \_\_\_\_\_

## 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:



1. Get off the bus one stop early and walk.



2. Take the stairs, not the elevator.



3. Play active games with your children.



4. Do work in your house or yard.

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:** By the end of a long day, I am too tired to work out.

**Barrier 3:** I do not want to spend a lot of money on joining a gym or buying gear.

## ACTIVITY 3: WHY SHOULD I BE ACTIVE?<sup>1</sup>

There are many good reasons to be active. Some good reasons 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. Exercising more without eating more is often easier than eating less and sometimes more effective.



**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 usually 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, all of which help the brain perform better.



<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)



## 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.<sup>2</sup> Let's practice calculating heart rate as a class.

### How to measure your resting heart rate:

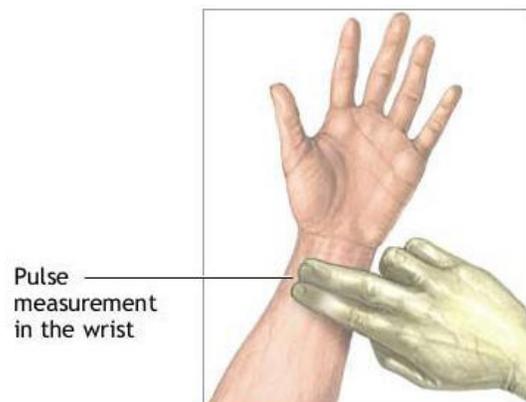
1. Stretch your left arm out and rest it on a table or other surface.
2. Turn your wrist up so that it faces the ceiling.
3. Open your hand and stretch out your fingers and thumb.
4. Take the first finger of your right hand, put it on the tip of your left thumb.
5. Slide your finger down the outer edge 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?

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<sup>2</sup>From the American Heart Association: [www.americanheart.org](http://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.

## 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 _____.
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16.	
17.	

**Was your exercising heart rate lower or higher than your resting heart rate? Why?**

## ACTIVITY 7: RECREATION CENTER MEMBERSHIP

You “scan” written material when you look up a word in the telephone book or dictionary. When you scan written materials you search for key words or phrases. All you have to do is move your eyes quickly down the page looking for key words and phrases that will help you answer your questions. Scan this brochure to answer the questions below.

### Services:

1. Name 3 services offered in Recreation Facilities.

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### Programs:

2. Name 3 programs offered in Recreation Facilities.

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

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



## Indoor Recreation Facilities

Since 1910, the City of New York/Parks & Recreation has provided the most affordable and extensive network of recreational services throughout New York City. Our Recreation Facilities (Recreation Centers, Community Centers, Field Houses, and Nature Centers) offer services such as indoor pools, weight rooms, basketball courts, dance studios, boxing rings, art studios, game rooms, and libraries.

All of our Recreation Facilities offer a wide range of programs for all ages, such as aerobics, dancing, computer classes, and art. Most of our programs are free or available at a modest cost, and all are open to the general public. Each facility is equipped with a professional staff who provide organized and free-play activities that are safe, fun, and educational. **Please note: all recreation centers are closed on New Year’s Day, Easter, Fourth of July, Labor Day, Thanksgiving, and Christmas.**

## Membership Information and Prices

Standard membership includes scheduled access to gym, pool, and other facilities for one year. Instructor-led courses such as aerobics, martial arts, music, or yoga may require additional session fees.

	<b>Seniors (55 and up)</b>	<b>Adults (18 and up)</b>	<b>Youths (under 18)</b>
Recreation Centers	\$10	\$50	Free
Recreation Centers with indoor pools	\$10	\$75	Free

*You can pay for a membership with a check or money order made out to "Department of Parks & Recreation" or by credit card. Please bring two forms of identification, including a photo ID.*



# ACTIVITY 8 (CONT.): REVIEW

## 2. What are some easy and affordable ways to be active?



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## 3. What is heart rate?

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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.