



**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

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## 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

## 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 WEIGHT<sup>1</sup>

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 <sup>2</sup>				
	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.

<sup>1</sup>Reading 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](http://www.health.gov/dietaryguidelines/dga2005/document/html/brochure.htm#b4).

<sup>2</sup> 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 ACTIVE<sup>3</sup>

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?

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

## ACTIVITY 5: HEART RATE PART 1

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 monitor our heart rate to measure our progress. Physical activity makes our heart muscles strong and heart rate tells us how strong the heart muscles are. If your heart rate is high, it means your heart needs to work hard to pump blood through your body. If your heart rate is 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.

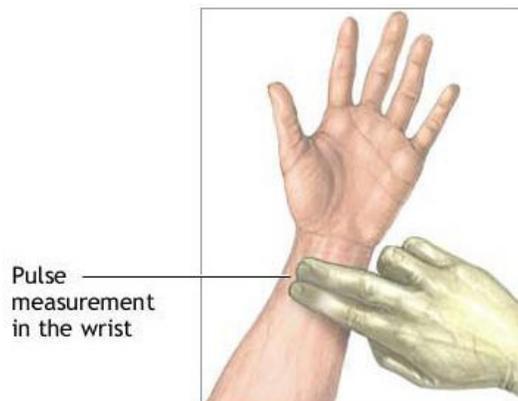
Heart rate is measured in beats per minute. Checking your pulse is how you calculate heart rate. You can check your pulse in several different spots on your body. The most common pulse points are on the neck and on the wrist.

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. Resting heart rate usually rises with age. Resting heart rate is lower in people who are physically fit.<sup>4</sup> Let's practice calculating heart rate as a class.

### How to measure your resting heart rate:

1. Be in a restful state. Remember, 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.
2. Stretch your left arm out and rest it on a table or other surface.
3. Turn your wrist up so that it faces the ceiling.
4. Open your hand and stretch out your fingers and thumb.
5. Take the first finger of your right hand, put it on the tip of your left thumb.
6. Slide your finger down the outer edge of your thumb until you get to your wrist.
7. Feel around your wrist bone until you feel your pulse.
8. 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.



<sup>4</sup> From the American Heart Association: [www.americanheart.org](http://www.americanheart.org)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## ACTIVITY 5 (CONTINUED): HEART RATE PART 1

1. What is your current heart rate? \_\_\_\_\_
2. How many beats does your heart make in one hour? \_\_\_\_\_
3. How many beats does your heart make in day? \_\_\_\_\_

**Homework:** What is your resting heart rate? \_\_\_\_\_

When you exercise, your body speeds up, and so does your heart as it works to meet your increased energy needs.

Activities That Can Increase Your Heart Rate					
					
Dancing	Skating	Swimming	Bicycling	Gardening	Playing Soccer
					
Boxing	Cleaning	Shopping	Weight Lifting	Doing Yoga	Aerobics

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## USE THIS TABLE FOR ACTIVITIES 6 & 7

Heart Rate Comparison Table			
Name	Resting Heart Rate	Target Heart Rate	Exercise Heart Rate
1.			
2.			
3.			
4.			
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6.			
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18.			
19.			
20.			

**ACTIVITY 6 (CONTINUED): HEART RATE PART 2**

When you exercise, your body speeds up, and so does your heart as it works to meet your increased energy needs. Your Target Heart Rate is a range of heart rates that are good for you to reach during exercise. If your heart rate while exercising is too high, it means you are straining yourself and should slow down. If your heart rate while exercising is too low, it means you can push yourself a little harder.

Below is a chart that shows Target Heart Rates for different ages. These numbers are averages and should be used as general guidelines. Find the age closest to yours on the chart.

Age	Target Heart Rate
20 years	120 to 170bpm
25	117 to 166
30	114 to 162
35	111 to 157
40	108 to 153
45	105 to 149
50	102 to 145
55	99 to 140
60	96 to 136
65	93 to 132
70	90 to 128

You can also calculate your Target Heart Rate. Follow these steps:

1. First determine your Maximum Heart Rate. This number is 220 minus your age.

Example: I am 33 years old.  $220-33=187$  is my Maximum Heart Rate

2. Calculate 60% of your Maximum Heart Rate. This is the low end of your Target Zone.

Example:  $187 \times 60/100 = 112.2$ . Round to the nearest whole number. 112.

3. Calculate 80% of your Maximum Heart Rate. This is the high end of your Target Zone.

Example:  $187 \times 80/100 = 149.6$ . Round to the nearest whole number. 150.

Final Answer: The Target Zone for a 33 year old person is 112 to 150 bpm (beats per minute).

Does your calculated target heart rate match your target heart rate from the chart above?

## ACTIVITY 8: 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.

### 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 9 (CONTINUED): 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 measure my heart rate before and after exercise.
- I will join a City Recreation Center.