

A CASE FOR PHYSICAL ACTIVITY





NOT SO FUN FACT

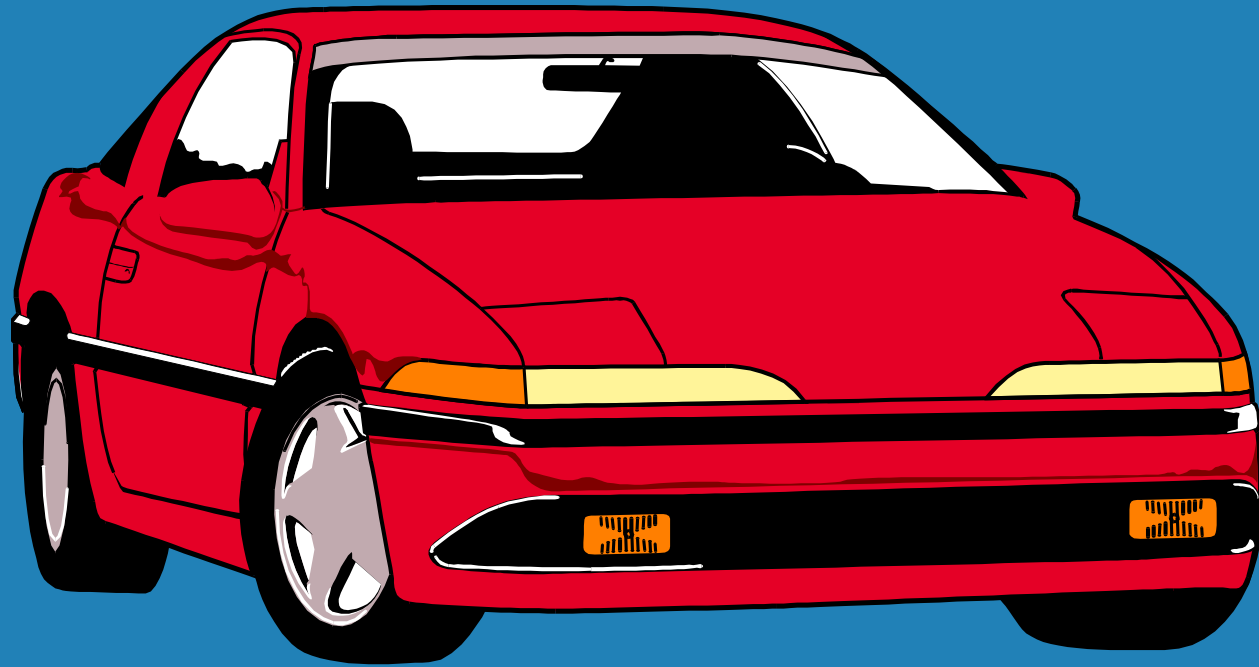
**9 OUT OF 10 STUDENTS
WHO LEAVE HIGH
SCHOOL INACTIVE
REMAIN INACTIVE FOR
THE REST OF THEIR LIVES**



THINK ABOUT IT ...

**MODERN TECHNOLOGIES
HAVE REPLACED EVERYDAY
ACTIVITIES THAT
FORMERLY KEPT OUR
BODIES MOVING**

AUTOMOBILE



COMPUTER



TELEVISION



DRIVE THROUGH CAR WASHES



MOVING SIDEWALKS



GOLF CARTS



VIDEO GAMES



LEADING CAUSE OF DEATH IN U.S. 1900 - TODAY

1900

- ∩ **PNEUMONIA**
- ∩ **TUBERCULOSIS**
- ∩ **GASTROENTERITIS**
- ∩ **INFLUENZA**

TODAY

- ∩ **HEART DISEASE**
- ∩ **STROKE**
- ∩ **CANCER**
- ∩ **ACCIDENTS**




Scary Fact

This generation is the first that is not expected to outlive their parents.



THINK ABOUT IT

Why is Fitness Important?



**THE LEADING CAUSE OF
DEATH TODAY IS DIRECTLY
RELATED TO AN INACTIVE
LIFESTYLE**



THINK ABOUT IT.....

**FITNESS IS NOT A
“DESTINATION”**


**FITNESS IS A “ROAD TRIP” AND
AN ONGOING STATE OF HEALTH.**



THINK ABOUT IT

What are the barriers to physical activity and a healthy lifestyle?

How can you overcome these barriers?



**Ω What students say are
their biggest barriers...**



Barrier #1

NO TIME



HOWEVER....

- **ESTABLISH PRIORITIES**
- **UTILIZE YOUR FITNESS CLASS**
- **MANAGE TIME WISELY**



Barrier #2

**DON'T LIKE TO
SWEAT**

HOWEVER...

- ∞ **SWEATING IS A NATURAL BODILY FUNCTION**
- ∞ **IT IS YOUR BODYS WAY OF COOLING ITSELF**
- ∞ **NATURAL BIPRODUCT OF EXERCISE**
- ∞ **WASTE REMOVAL SYSTEM**
- ∞ **IMPROVES COMPLEXION**



Barrier #3

**DON'T KNOW
HOW**



HOWEVER...

**WE WILL GIVE YOU THE
KNOWLEDGE AND TOOLS**



Barrier #4

**EXERCISE IS
NOT FOR ME**



HOWEVER...

❧ **EXERCISE REQUIRES NO SPECIAL COORDINATION**

❧ **YOU COMPETE ONLY AGAINST YOURSELF**

❧ **EXERCISE IS FOR EVERYONE**

❧ **YOU DON'T HAVE TO BE AN ATHLETE**



Barrier # 5

**UNCOMFORTABLE;
IT HURTS**




HOWEVER...

- **EXERCISE DONE PROPERLY
DOESN'T HURT**
- **SAFETY IS OUR #1
PRIORITY**

ARE YOU THRIVING OR SURVIVING?



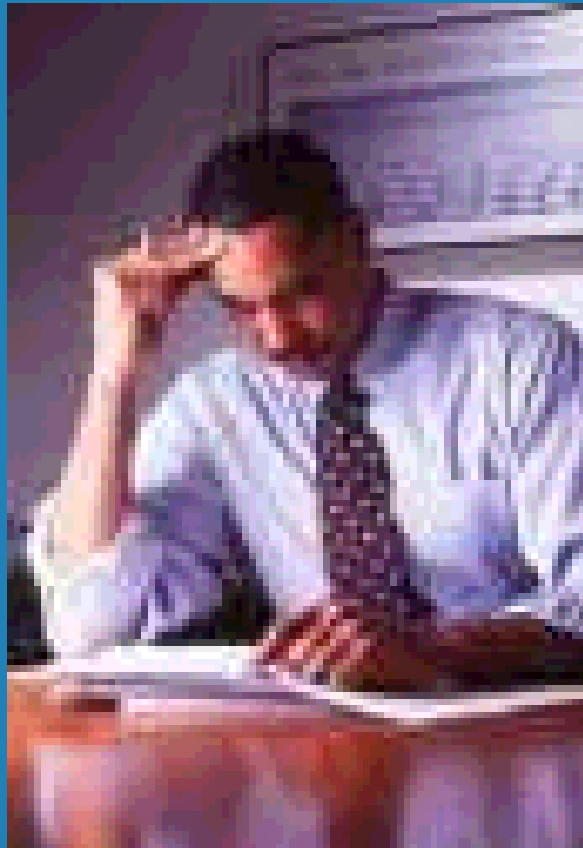


**BESIDES IMPROVED
APPEARANCE, REGULAR
EXERCISE HAS MANY
BENEFITS. LOOK AT WHAT
AWAITS YOU:**

SLEEP BETTER



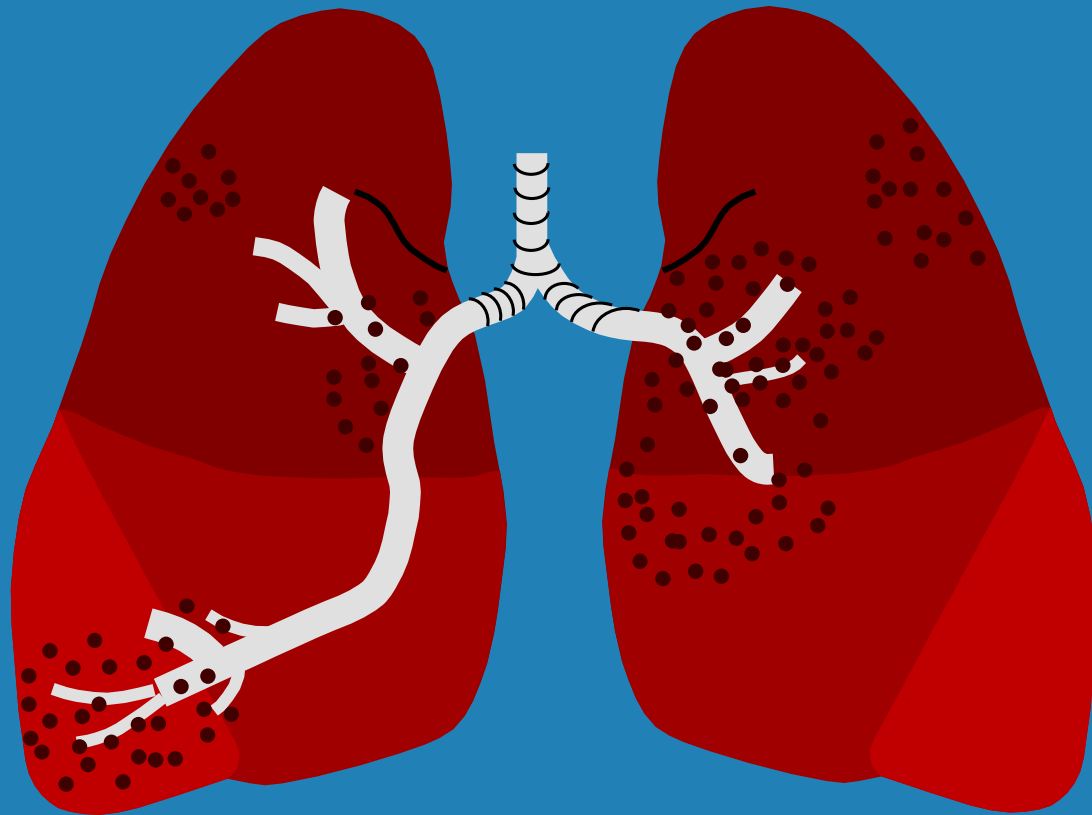
CONCENTRATE BETTER



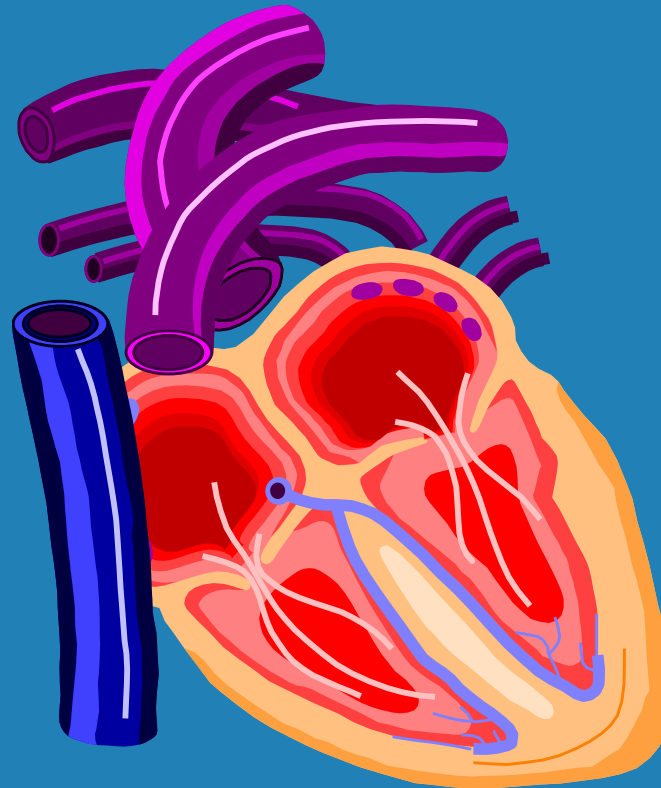
IMPROVED SELF ESTEEM AND CONFIDENCE



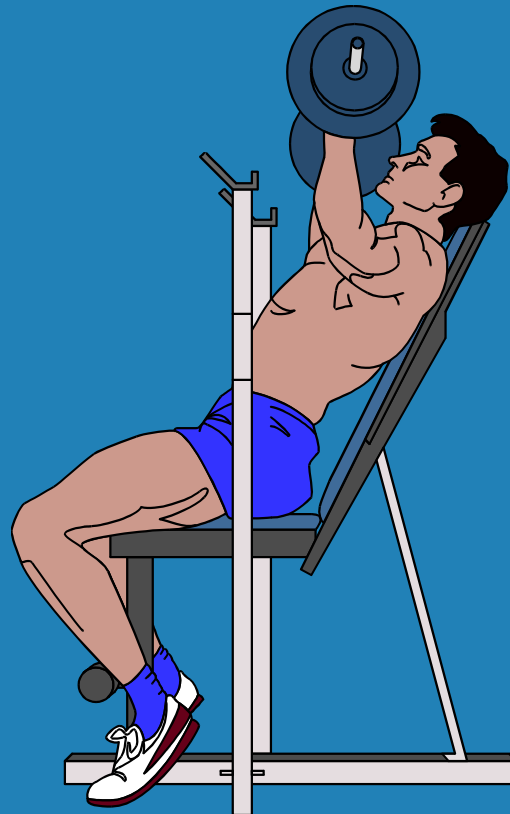
IMPROVED RESPIRATION



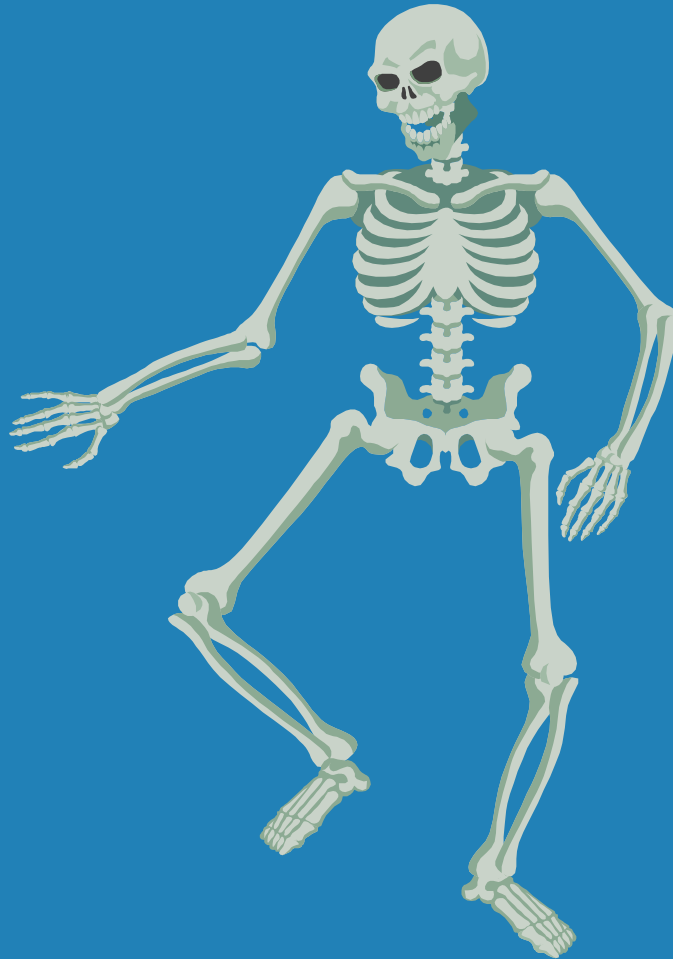
IMPROVED CARDIAC OUTPUT



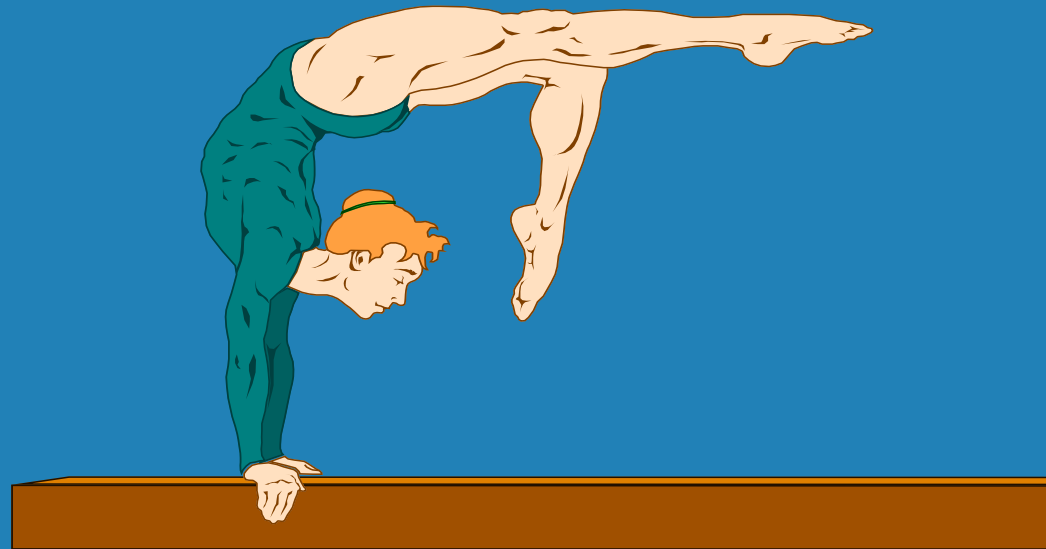
IMPROVED MUSCULAR STRENGTH AND ENDURANCE



INCREASED BONE DENSITY



IMPROVED FLEXIBILITY





IMPROVED BODY COMPOSITION



Healthy For Life

Ω **How does a positive attitude towards physical activity promote a healthy lifestyle?**