



BRAIN FITNESS LESSON & ACTIVITY

Student Objectives

The primary goal of this lesson is to teach students about the benefits of being physically active on the body and brain. Specifically, students should learn:

- What is fitness? What is exercise?
- Name the 4 types of exercise and give an example of each.
- How much exercise should you do daily?
- What are the benefits of exercise to the brain and the body?
- Learn how to take your pulse and understand how exercise affects your pulse.
- Become engaged in a physical activity, specifically, hula hooping.

Background

Fitness, or being fit, is a way of saying a person eats well, gets a lot of physical activity and has a healthy weight. If you're fit, your body works well, feels good, and can do all the things you want to do, like run around with your friends.

Exercise is physical activity (moving your body) for the purpose of conditioning the body.



Four Types of Exercise and Examples:

- **Aerobic Exercise:** Exercise that gets your heart pumping, your lungs working harder and makes you sweat. This kind of exercise should make up most of the 1 hour you should spend on physical activity every day. Examples: skateboarding, rollerblading, fast walking, hiking, jogging, running, cleaning your home or yard work, dancing, jumping rope, biking, cheerleading or gymnastics.
- **Muscle Strengthening:** Exercise that builds up your muscles, makes you strong and gives you more power. You should do these exercises at least 3 times a week. Examples: climbing, running, rowing, push-ups, pull-ups, sit-ups, or tug-of-war.
- **Bone-strengthening:** Exercise that helps your bones grow and makes them less likely to break. You should do these exercises at least 3 times a week. Examples: jumping rope, hopping, or skipping, running, hiking, gymnastics, basketball, volleyball, or tennis.
- **Stretches:** Exercise that makes your muscles more flexible and helps you reach, bend and turn better. You can do stretching exercises like toe touches, side stretches, yoga, martial arts or gymnastics.

Educators : Teach groups of students all about fitness and engage them in hula hooping, a fun physical activity.

Time Frame : You should allow 20 minutes per session.



Steps:

Step 1 : Explain background. What is Fitness? What is exercise? List the four types of exercise.

Being fit is a way of saying a person eats well, gets a lot of physical activity and has a healthy weight. If you're fit, your body works well, feels good, and can do all the things you want it to do.

Exercise is physical activity (moving your body) for the purpose of conditioning the body.

The 4 types of exercise are aerobic exercise, muscle strengthening, bone strengthening, and stretches.

Step 2 : How much exercise should you do daily?

- Children and youth aged 5–17 should do at least 60 minutes of moderate- to vigorous-intensity physical activity daily.
- Amounts of physical activity greater than 60 minutes provide additional health benefits.
- Most of the daily physical activity should be aerobic. Vigorous-intensity activities should be incorporated, including those that strengthen muscle and bone* at least 3 times per week.

*For this age group, bone-loading activities can be performed as part of playing games, running, turning or jumping.



Step 3 : What are the benefits of being active to the brain and the body?

- Builds strong bones and muscles.
- Promotes healthy growth and development
- Helps maintain a healthy weight
- Improves heart fitness
- Improves balance, coordination and strength
- Relieves stress and promotes relaxation
- Improves sleep

Step 4: Ask students to name examples of activities that they do which count as exercise.

Step 5: Engage students in a physical activity - Hula Hooping!

- Pass out one Hula Hoop to each student.
- Educators, show the group how to use the hula hoop and then tell the students to start.
- Time them for 3 minutes then have them stop.
- Ask the group which type of exercise is this?

Step 6: Quiz the students on fitness, including types of exercise and examples.

Step 7: Congratulate the students for learning about fitness and brain health!

