

FOOD WORKS

Key Messages

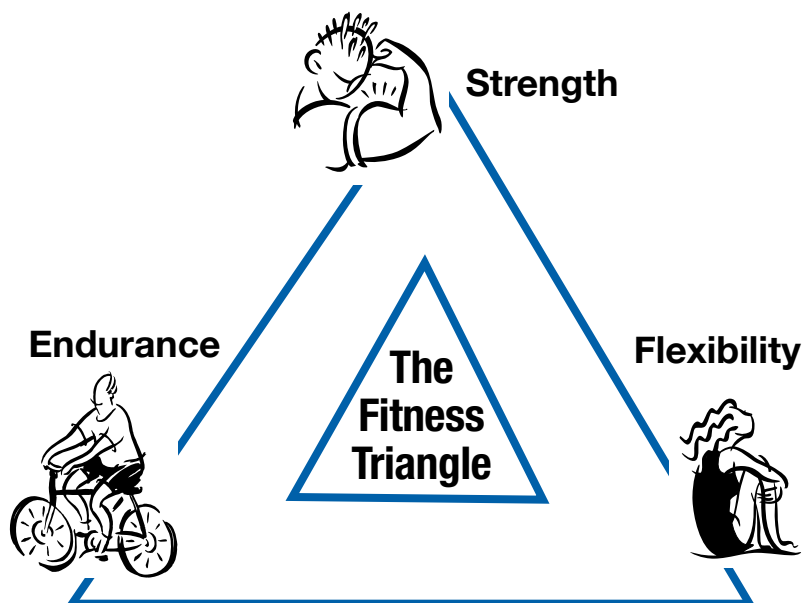
1. Physical activity is fun and helps you feel good.
2. Physical activity helps burn calories to keep you from gaining too much weight.
3. You need at least 60 minutes of physical activity each day.
4. Keys to good health:
Physical activity
Healthy eating

*Prepared by Betty Greer,
Ph.D, Professor
Family and Consumer
Sciences*

Move More

- Games that require physical activity help you be physically fit. Physical activity helps you:
 - Burn up calories.
 - Avoid gaining too much weight.
 - Control your appetite so that you do not eat too much.
- What does it take to be fit?
 - Eat healthy.
 - Exercise and play games that require physical activity.
 - Limit TV watching and video games to less than two hours each day.
- When you are physically fit, you feel good and move well.

Fitness Triangle



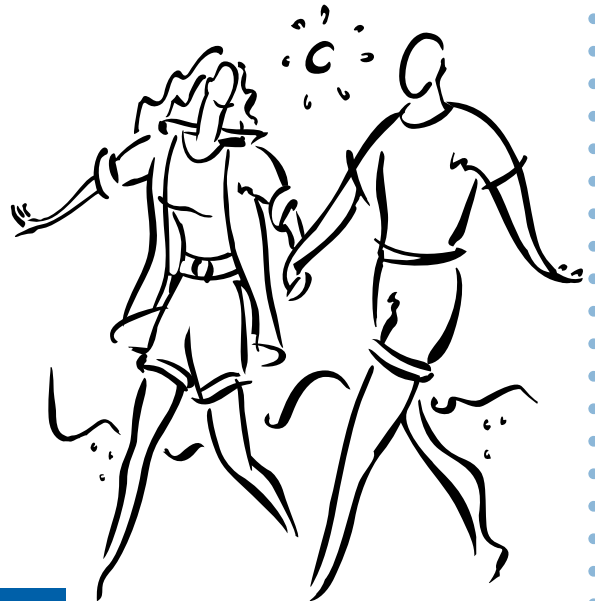
Warm Up

Avoid injury by getting your muscles ready for exercise. Warm up by slow walking to increase blood flow to your muscles. Do stretching activity to increase flexibility.



Cool Down

Let your heart rate gradually slow down. You can use the same activities to cool down as to warm up. Use stretching exercises as a part of your cool-down.



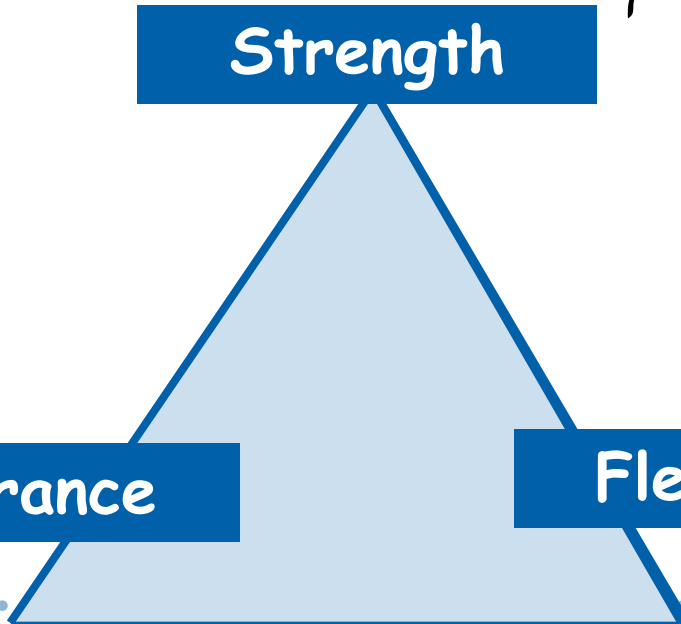
It takes all three sides of the fitness triangle to be physically fit. The three sides are:

- Strength — your muscles are strong.
- Endurance — you can play and exercise for long periods of time without getting tired.
- Flexibility — you can move quickly and smoothly.

Strength

Endurance

Flexibility



How do these activities fit the Fitness Triangle? Mark at least one of the five boxes for each activity.

	Warm-up	Strength	Endurance	Flexibility	Cool-down
Stretching					
Slow walking					
Basketball					
Climbing					
Dancing					
Running					
Sit-ups					
Jumping rope					
Football					
Fast walking					
Skating					
Tennis					
Push-ups					
Swimming					
Jumping jacks					
Soccer					
Kickball					

Exercise Mix-Up

The letters of the activities listed below are all mixed up. Can you unscramble each word and write it the way it should be?

a. mniwgims _____

b. creocs _____

c. cdainng _____

d. likngaw _____

e. pmjungj proe _____

f. kistnga _____

g. nugnnri _____

h. ksabtelbal _____

Tips for Healthy Eating



To be healthy and feel good, follow these tips:

- Eat different kinds of foods each day.
- Eat whole-grain breads and cereals as well as fruits and vegetables.
- Limit TV watching and video games to less than two hours a day.
- Start your day with breakfast. Always eat lunch and dinner. Do not skip meals.
- Snack smart. Try fruits, vegetables or yogurt instead of candy or cookies.
- Balance your food choices so you don't eat too much of any one thing.
- Be adventurous. Try new foods and new ways of preparing them.
- Make healthy eating fun.



Answers to Exercise Mix-Ups

swimming	jumping rope
soccer	skating
dancing	running
walking	basketball



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