



### Exercise 1

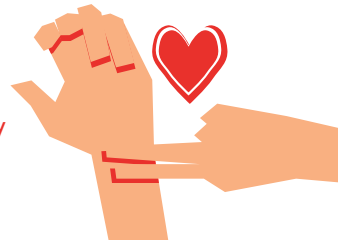
What happens to your body when you are physically active?

You are going to do each of the activities in the list below. Please write down how it made you feel.

	Breathing	Heart Rate	How it feels
Sitting	Normal	Normal	Relaxing
Walking stairs briskly	Very fast	Very fast	Quite difficult Slightly breathless Hot
Doing sit ups	Fast	Fast	Difficult Tenses you stomach and back muscles
Lifting cans	Fast	Fast	Difficult Achy muscles

### How to measure your heart rate

Place the index and middle finger of one hand on the inside wrist of the other hand. Slide your fingers towards the thumb side of the wrist. Count the number of beats in 15 seconds, multiply that number by 4 - this is your heart rate in beats per minute.



#### Intensity of activity

**Low < 120 bpm**

**Moderate = 120 - 150 bpm**

#### Did you know that?

If you can talk while doing a physical activity, you are moving at a pace that is right for you.

If you are too breathless to talk, slow down.





### Exercise 2a

Which SPORTS help you to build up stamina and strength or both?

Stamina	Strength	Both
Jogging / running	Lifting weights	Cycling
Aerobics / step aerobic	Tug of war	Playing tennis
Playing football	Rowing	Circuit training
Swimming	Ten pin bowling	Playing squash

### Exercise 2b

Which EVERYDAY activities help you to build up stamina and strength or both?

Stamina	Strength	Both
Walking around the shopping mall	Washing your parents car by hand	House work and cleaning your room
Walking around the park or along the beach	Carrying out the rubbish	Walking up the stairs
Running to catch the school bus	Working in the garden	
Walking the dog	Carrying groceries	

