

What Is Healthy to Me?

Circle anything that "being healthy" means to you.



I'm healthy when I feel good.



I'm healthy when I exercise.



I'm healthy when I weigh what's right for me.



I'm healthy when I eat foods that are good for me.



I'm healthy when I am happy.



I'm healthy when I can relax.



I'm healthy when I have a friend that cares for me.



I'm healthy when I have someone special in my life.



I'm healthy when I have a friend that I love.

YOU

I'm healthy when _____

(1996). Conceptualizations of health among adults with intellectual impairments. Unpublished doctoral dissertation, University of Illinois at Chicago. *Dissertation Abstracts International*, 57-11(B), 6877.
Newcomb, B.J., Lowe, A., & Misner, S.M. (1995). *Primary Health Care Curriculum Grades K-8 for Urban School Children*. University of Illinois at Chicago, College of Nursing, Global Health Leadership Office.

What Is Physical Activity?

Unit 1

Lesson 2

What is Physical Activity?

Circle pictures of physical activity.



Walking



Reading



Weight lifting



Gardening



Mopping



Having a picnic



Running



Sleeping



Bowling



Eating



Raking



Dancing

Good Things About Exercise

Exercise Is Good



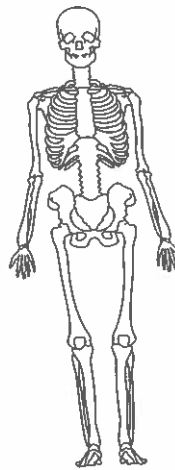
Weight control



Good posture



Heart works better



Healthy bones



Healthy muscles



More energy



Fun

Tips: Warm-Ups

Why do I warm up my muscles? Warm-ups are the most important part of any exercise program. Warm-ups tell your heart and body that something good is about to happen.

Which joints and muscles do I warm up and stretch?

- My head and neck
- My respiratory and chest muscles
- My shoulders and arms
- My trunk and spine
- My hips, knees, and ankles



Exercise with a slow, steady rhythm. Give your muscles time to relax between each repetition. Remember: **QUALITY** of the **MOVEMENT** is more important than **QUANTITY**.

- **Breathe while you exercise.** Do not hold your breath. Breathe in through your nose and out through your mouth. Counting out loud helps you breathe while you exercise.
- **How to stretch each part.** Perform the exercises gently and slowly for 5 to 10 minutes. Make each movement small and stay within a pain-free range of motion.
- A **gentle, sustained stretch** is more beneficial, rather than a bouncy movement.
- **Never force** the movements.
- **Stop** if a movement is **painful**.
- **Stretch each muscle** or joint as far as it will comfortably go and then stretch it a little further (just to where you first feel pain).
- **Hold each stretch for 5 to 10 seconds.**
- **Warm-ups can be performed** while lying, sitting, and/or standing.

Tips: Stretching

Why do I stretch? After warming up, begin stretching exercises. Stretching is best when the muscles are warm. Stretching relaxes your muscles and increases the movement in your joints.

- 1. Stretch each muscle or joint as far as it will comfortably go and then stretch it a little further (just to where you first feel pain).**



- 2. Don't bounce.** A gentle sustained stretch is less stressful to your joints and more beneficial.



- 3. Stretch each muscle for 5 to 10 seconds.** Stretching should feel good. If you feel pain, stop.

- 4. Each stretching exercise should be done between 5 to 10 times.**

- 5. To maintain your flexibility, make use of the time in front of the television to do more stretching exercises.**



Tips: Aerobic Exercises

Why do I do aerobic exercise?

Aerobic exercises can improve your ability to function in your daily activities.



What are aerobic exercises?

Aerobic exercises can include regular **walking** at a comfortable pace, **bicycling**, and **swimming laps**.

How often should I do aerobic exercises? For the most benefit, you should do aerobic exercises for at least **30 minutes 3 to 5 times each week**. Every other day is ideal.



What other aerobic exercises can I do?

Aerobic dance, step aerobic classes, running, aerobic swimming, and cross-country skiing.

Tips: Cool-Downs**Why do I need to cool down at the end of my aerobic exercise?**

- Helps us relax
- Keeps blood from collecting in our legs after exercise
- Keeps us from feeling lightheaded
- Prevents muscle soreness after exercise

**How do I cool down?**

- After doing most of your strenuous exercises, take 5 extra minutes to cool down and relax.
- If you were **walking**, walk at a slower pace for 5 more minutes.
- If you were **bicycling**, cycle at a progressively slower pace for the last 5 minutes.
- In our **exercise class**, we have cooled down by using a combination of stretching, contracting our muscles, and using relaxed breathing techniques. You can practice this at home.