

WORDS

activity= something that you do because you enjoy or like it

amazing= surprising

balance of hormones =the substances that help your body grow; you should not have too many or too few of these substances

complain= to say that you are unhappy about something

condition = shape

determined = influenced by

elementary school = the first few years at school

exercise = to do sports very often so that you stay healthy

force = power

get used to = to do things that no longer seem difficult or strange to you

illness = disease

immune system = the system by which your body protects itself against disease

inactive = not active

male = about a man

muscles = one of the pieces inside your body that you use so that you can move ; it also holds your bones together

physical = everything that is about your body

regularly = at the same time every day, every week etc..

rise = go up

size = how big something is

skill = the ability to do something well, because you have learned it

strength = power, how strong you are

strength training = exercise that you do to make you stronger

strengthen = to make stronger

weight = how heavy you are

The body is an **amazing** object; the more you ask of it, the more it can do. If you are **inactive** most of the time, your body will quickly become tired when it should be active. But if you are active many times each day or week, your body will **get used to** the hard work and it will become easier to do. Children who want to play active games with their friends should **exercise regularly** so they have the energy to play as long as they want.

Many young people want to be **physically** active because it helps them look and feel good. **Activity** burns more calories than just sitting , so it is important for keeping a healthy **weight**. **Exercise** also makes your **muscles** and bones stronger and keeps your body in a good **condition**.

Physical activity also helps people stay healthy.

Exercise strengthens the **immune system**, and helps the body fight off **illness**. Daily **exercise** also helps people sleep better. Active students don't **complain** about being tired. They have a good night's sleep and have the energy to work hard and have fun every day.

**STRENGTH**

Strength is the **force** that **muscles** use. People used to think only boys could be strong, but that is not true. All people who want to be active and healthy must be strong. **Strength** training keeps your bones strong. People who are strong can do activities more easily and may learn sport **skills** more quickly.

Being strong does not always mean that you have big **muscles**. Muscle **size** is often **determined** by your genes--very few people will look like body-builders when they get stronger. Age also helps find out **muscle** size. Children of **elementary**

school age will become stronger by doing exercises, but their muscles probably will not grow much bigger. Boys may get bigger muscles if they do **strength training** because their hormones may **rise**. Girls can also become stronger but they won't get bigger muscles because their **balance of hormones** is different from that of **males**.

WORDS

ability = being able to do something

aerobic = kind of activity or exercise that uses up oxygen and makes your lungs and heart stronger

although =while

blood vessel = one of the tubes through which blood flows in your body

breathe = to take air into your lungs

cardiovascular =everything that deals with the heart and blood system of your body

efficient = to work well together without wasting energy

exercise = to do sports very often so that you stay healthy

grocery bag = a bag that you put food from a supermarket in

gym = a special building or room that has machines to exercise or do sports with

increase = here: to make bigger

muscles = one of the pieces inside your body that you use so that you can move ; it also holds your bones together

otherwise = or else

oxygen = a gas that is in the air and that we need to breathe

physical = everything that is about your body

push-up = an exercise on which you lie with your face on the floor and push your body up with your arms

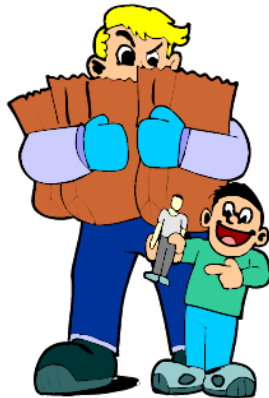
regularly = at the same time every day, every week etc..

sit-up = an exercise to make your stomach muscles stronger; you lie on the floor and try to sit up without moving your legs

strength =power, how strong something is

strengthen = to make stronger

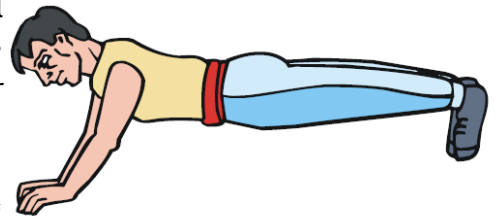
weight =how heavy something is

MAKING MUSCLES STRONGER

To **strengthen** your **muscles**, you must make them work harder than usual. Lifting **weights** in a **gym** is not the only way to **increase strength**. You can build strength just by helping to do things at home like lifting or bringing **grocery bags** from the car to the kitchen.

To **increase strength**, try moving a heavier object than normal. This could be a heavier **weight** or a heavier **grocery bag**. After a while it will be easy to move this heavier object. Anytime an object becomes easy for you to move, you must **increase** the **weight** again if you want to continue to get stronger. Remember, it takes time to become strong. But you should **increase weights** slowly, **otherwise** your **muscles** may get hurt.

Exercises like **push-ups** and **sit-ups** will also build **strength**. When you do these exercises, you move the **weight** of your own body. **Although** you cannot **increase** your own weight, you can continue to build **strength** by always doing more **sit-ups** or **push-ups**.

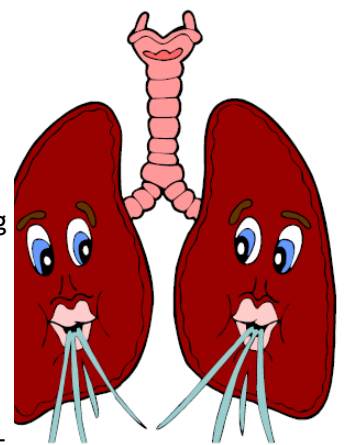


You must also do the right exercises. Lifting **weights** with your arms will not make your leg **muscles** stronger. If you want stronger legs, you must do leg exercises. For the best fitness, it is a good idea to work on **strengthening** all your **muscles** by doing many different exercises.

AEROBIC FITNESS

The lungs bring **oxygen** to the blood, and the heart pumps the blood through **blood vessels** to the **muscles**. **Cardiovascular** fitness is the body's **ability** to bring **oxygen** to the muscles for a longer time. The more **oxygen** you can bring to your **muscles**, the longer you will be able to **exercise** without becoming tired. **Cardiovascular** fitness is also called aerobic fitness.

Perhaps you have done **aerobic** activities, such as biking or running, that make you **breathe** faster and harder. You **breathe** harder because your body is trying to take more **oxygen** from the air and bring it to your **muscles**. The more work you do, the more **oxygen** you need. **Regular physical** activity makes the heart, lungs, and **muscles** become stronger and more **efficient**.



WORDS

aerobic = kind of activity or exercise that uses up oxygen and makes your lungs and heart stronger

amount = how much

athletes = people who do sports in a competition

beat = hit

blood vessel = one of the tubes through which blood flows in your body

compare = measure, here: to see how high something is

depend on = to be affected by

enjoy = like

exercise = to do sports very often so that you stay healthy

fingertip = the end of your finger

heart rate = the number of times your heart beats every minute

improve = to make better

increase = to go up

index finger = the finger next to your thumb

jumping rope = a long piece of rope that you use to jump over

maintain = keep

pulse = the beat that you can feel when your heart pumps blood through your body

race = an event in which people run against each other and see who is fastest

raise = to go up

sex = whether a person is a man or a woman

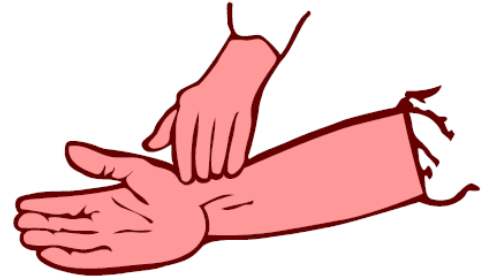
target heart rate zone = the heart rate at which it is best to exercise - it makes you physically stronger and improves your health ; normally it is about 50% - 80% of your maximum heart rate

weight = how heavy you are

wrist = the part of your body where your hands come together with your arms

COUNTING YOUR PULSE

Every time your heart **beats**, it pushes blood through your **blood vessels**. You can feel this beating or **pulse** with your **fingertips**. The best place to feel your pulse is near your **wrist**. Place your **index** and middle fingers at the beginning of your thumb on the inside of your **wrist**. To find out your **heart rate**, count your **pulse** for six seconds



and put a zero at the end of the number you counted. For example, if you counted nine **pulses** (or heartbeats) in six seconds, your heart rate would be 90 **beats per minute**. **Compare** your **heart rate** when you are at rest with your **heart rate** during or just after aerobic **exercise**. It should be much faster then.

IMPROVING YOUR AEROBIC FITNESS

To keep healthy, everyone should try to be active for 30 minutes at least five days a week. But if you want to **improve** your **aerobic** fitness, you need to **exercise** hard enough to **raise** your **heart rate** into the **target heart rate zone** on at least three of those days. The **target heart rate zone** is the level at which the heart and lungs become stronger most quickly. When **athletes** train to **perform** better in a **race**, they try to keep their **heart rate** in the **target heart rate zone** for as long as possible.

This zone **depends** on a lot of things like age, **weight** and **sex**. Generally if your pulse is between 125 and 170 **beats per minute**, your heart rate is in the **target heart rate zone**. Try to keep your heart rate in that zone for at least 15 minutes. Slowly **increase** the **amount** of time you **maintain** your heart rate in the target heart rate zone until you can do it for 30 minutes each time you exercise.

WHAT TYPE OF ACTIVITIES ARE BEST FOR AEROBIC FITNESS?

Any activity that makes your heart **beat** faster and that you **enjoy** is a good type of **aerobic** exercise. If you like **jumping rope** or cycling, that is the activity you should do. You don't have to do same thing every day. In fact, two days of basketball, three days of swimming, and two days of bicycling can be more fun than jogging every day.

WORDS

ankle = the joint between your foot and your leg
avoid = to prevent something from happening
blister = when your skin starts to swell for example after a burn
cap = a flat hat that is curved at one end
comfortable = to make you feel good
competition = an event in which people or teams play against each other
controlled movement = to move in a way that you are in command of what you are doing
deep breathing = to take in as much air as you can through your lungs
direction = way, course
enjoyable = something that you like
exercise = to do sports very often so that you stay healthy
fit = the right size
flexibility = when you can bend the parts of your body easily
full range = here: in all directions
hip = one of the two parts on each side of your body between the top of your leg and your waist
injury = to be hurt
instead of = in something's place
joint = a part of your body that can bend because two bones meet there
layer = material between two other things
ligament = a band of strong material that holds bones together
lightweight = not very heavy and easy to wear
motion = movement
muscles = one of the pieces inside your body that you use so that you can move ; it also holds your bones together
pain = the feeling that you have when something hurts
relaxed = to feel calm and not worried
shade = to protect from direct light
shoulder = part of your body where your neck is connected to your arm
stretch = to straighten your arms, legs and body after exercise
suited = the right things to wear
support = here: something you wear that holds you up
tightly laced = to fasten something and keep together by tying it up
water resistant = it does not allow water to get in
worried = upset, unhappy about something
wrist = the part of your body where your hands come together with your arms

FLEXIBILITY

Joints are points in your body that allow you to move. Your body has many **joints**, including the **shoulders**, elbows, **wrists**, **hips**, knees, and **ankles**. A **joint** that is healthy can move in all **directions** very easily.

Why is this important? Your **muscles** and **ligaments** are important for **joint** health. **Stretching** activities are important to keep **joints** healthy. **Flexibility** slowly **decreases** when people get older. By doing regular **stretching** activities, you can help keep the **full range** of **motion** at each **joint**.



If you watch athletes warm up, you will see that they all do **stretching** activities before **competition**. Stretching helps athletes **avoid injuries** because it moves blood to the **muscles** and prepares them for difficult activities. **Stretching** after **exercise** moves blood through the whole body and you don't feel so much **pain** in your muscles the next day.

Stretching can also help you feel **relaxed**. If you are tired or **worried**, try doing **flexibility** activities and **deep breathing** together. You may feel better and will keep your **joints** healthy at the same time.

FLEXIBILITY EXERCISES

Flexibility exercises should be done with slow, **controlled movements**. You should move slowly until the muscle being stretched starts to hurt a little. Hold this position for 10 to 20 seconds and then relax.

HOW TO GET STARTED

People who have not been very active in the past should begin slowly. Do not try to **exercise** too much at once. If you are normally active, you may want to try some new exercises.

CLOTHES

The right clothing will make exercise easier and more **enjoyable**. A good pair of shoes gives **support** to the feet during **exercise**. Athletic shoes do not have to be expensive, but they should **fit** well and be **comfortable**. Make sure shoes are **tightly laced**, and wear socks so that you won't get **blisters**.

You should choose clothing that is **suited** to the type of activity and the temperature. If you are exercising in warm weather, wear **lightweight** and light-colored clothing and a **cap** or hat to **shade** your head from the sun. If you are active in the cold, try wearing many **layers** of clothing **instead** of a heavy coat. This keeps you warmer and lets you move more freely. If it is raining outside or you will be playing in the snow, wear clothing that is **water-resistant**—once your clothes get wet, it is hard to stay warm.

WORDS

aerobic = kind of activity or exercise that uses up oxygen and makes your lungs and heart stronger

cause = lead to

certain = special

competition = an event in which people or teams play against each other

deep breath = to take in as much air as you can through your lungs

develop = grow

distance = the space between two things

enjoy = like

flexibility = when you can bend the parts of your body easily

helmet = a strong hard hat that you wear to protect your head

improve = to make better

increase = to go up

involve = here: use

mouth guard = an object you put in front of your mouth to protect your teeth

muscles = one of the pieces inside your body that you use so that you can move ; it also holds your bones together

pad = object that is made of cloth or rubber , used to protect parts of your body

pain = the feeling that you have when something hurts

participate = take part in

physical = everything that is about your body

pressure = to put force or weight on something

protect = guard, defend

protective eyewear = to wear something so that your eyes will not get hurt

put you off = don't let it stop you

several = many

side-ache = a pain on the side of your body

skill = the ability to do something well, because you have learned it

soreness = when something causes pain because you have exercised to much

strength = power, how strong something is

strenuous = something that makes you very tired

stretch = to straighten your arms legs and body after exercise

whatever = any, it doesn't matter which

It is also important to wear things that will **protect** you. For example, you should always wear a **helmet** when cycling. **Pads**, **mouth guards**, or **protective eyewear** might be necessary when taking part in other activities.

SORENESS, ACHES, AND PAIN

You may feel muscle **soreness** for a few days after trying something new. This may mean the activity you did was too **strenuous** or **involved** muscles you do not use often. Muscle **soreness** is normal and will usually go away in a few days. **Soreness** is different from **pain**. If you ever feel pain in a muscle or **joint**, you should tell an adult or go to the doctor.

Sometimes you may **develop** an ache on the side of your upper stomach during activity. Nobody knows exactly what **causes** a **side-ache**. **Stretching** the side that is hurting, taking **deep breaths**, or putting **pressure** on the **ache** with your hand may help. At other times, you might have to rest for a few minutes until the ache goes away.

SELECTING AN ACTIVITY

There are many factors to look at when selecting a new **physical** activity. The most important is choosing something you enjoy and will want to do often.

Everyone needs activities that help them keep or **improve** their **strength**, **aerobic** fitness, and **flexibility**. You may want to select an activity from an area in which you think you need to become better. For example, if you are flexible and able to run long **distances** but are not very strong, you could choose some activities that **increase** strength. If you are strong but need more aerobic fitness, try walking, jogging, biking, or dancing.

Different activities need different **skills**. Your school years are an excellent time to **develop** athletic skills. Some skills will **improve** with practice while others may always be difficult for you. Some people are better at **certain** activities than others, but do not let that **put you off**. If you **enjoy** an activity, feel free to do it.

You may need to try **several** activities before you find the ones that are right for you. For example, you may find you enjoy activities you can do alone, like running or biking. Or you may prefer to **participate** in team activities. Some people like **competition**, while others prefer activities in which there are no winners or losers. **Whatever** activities you choose, becoming **physically** fit will make you healthier for life.

