



Body Budget- Exercise



Self-Management, Module 2



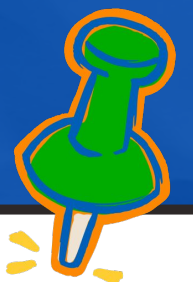
AGENDA



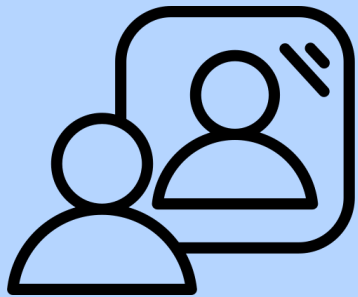
1. Discuss things that we need to help us stay physically, emotionally and mentally healthy.



2. Working individually, review a list of activities and determine which are moderate to vigorous exercise and answer the associated questions.



3. Reflect: Is exercising more something you'd like to try to do? What can you do to achieve this goal?



BRAINSTORM



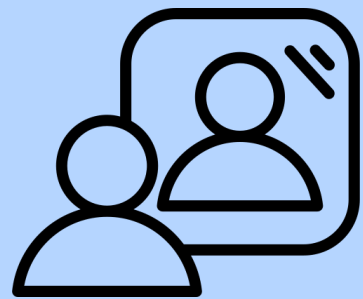
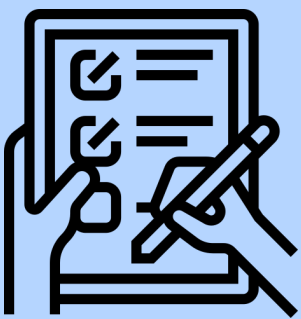
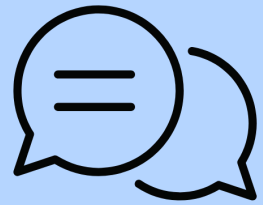
What are the things you need to stay healthy? What do you think you might need to stay emotionally and mentally healthy?

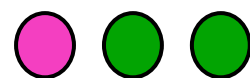
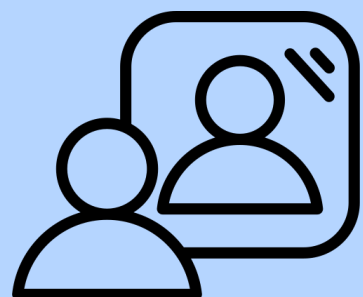


DISCUSS



What can we do to stay emotionally and mentally healthy?

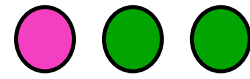
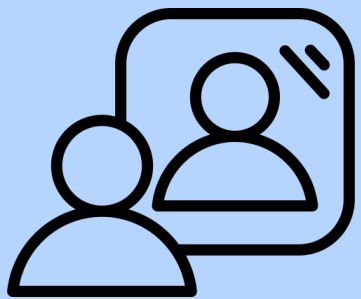
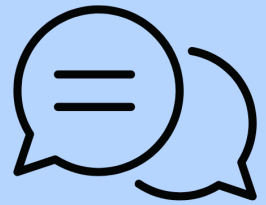




DIVE IN



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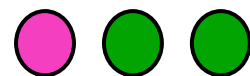
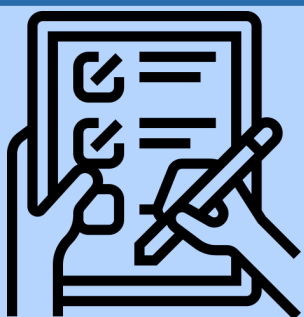
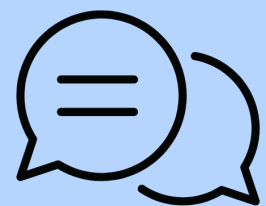
DIVE IN



What are some of the benefits of exercise?

How much exercise does the average teen need each day?





ACTIVITY



Individually, using the worksheet, look at the activities and determine which are moderate to vigorous exercise and answer the associated questions.

 **High School**

Worksheet

Name: _____ Date: _____

Body Budget: Exercise

Which of the following activities is considered a moderate to vigorous exercise?

• Brisk walking	• Playing basketball
• Riding a bike	• Roller skating or rollerblading
• Dancing	• Ice skating
• Swimming	• Participating in practice for an organized sport
• Lifting weights	• Yoga
• Climbing stairs	

Think honestly about your level of physical activity. Do you do at least one hour of moderate to vigorous activity each day? List examples of the activities below.

What areas of physical activity are you interested in learning more about?

What can you do to increase your level of physical activity?

Reflect
Is exercising more something you'd like to try to do? What can you do to achieve this goal?

Home Connection

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REFLECT



Is exercising more something you'd like to try to do? What can you do to achieve this goal?

Home Connection



High School

Home Connection

Balancing Your Body Budget

Dear _____,

Today in class, we learned about ways to keep our bodies healthy, with a focus on exercising.

To help your student understand their physical activity level, we're asking them to keep track of their exercise for a week and see if there are any changes they need to make.

	Length of Exercise	Activity	Feelings
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

For additional information, check out the free resources from the Presidential Youth Fitness Program at: <https://pyfp.org/storage/app/media/documents/parent-guide.pdf>.

Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



Be sure to complete the exercise log yourself and see if there are any changes you need to make to balance your body budget!





Further Study

- National Football League, *Play 60 Movement*:
<https://www.nfl.com/causes/play60/>
- President's Council on Sports, Fitness & Nutrition, *Presidential Youth Fitness Program*:
<https://health.gov/our-work/pcsfn/programs-awards/presidential-youth-fitness-program>
- WebMD, *How Regular Exercise Benefits Teens*:
<https://teens.webmd.com/benefits-of-exercise>





Lesson Complete!

