



Body Budget: Exercise

Materials:

- Worksheet

Brainstorm

Ask students: *What are the things you do to stay healthy?* As students respond, make a list on the board. Anticipated responses include: Drinking enough water, getting enough sleep, eating healthy, and exercising.

Discuss

Those are some great ideas for what we need to stay physically healthy, but what can we do to stay emotionally and mentally healthy? Accept student responses and continue to add them to the list on the board. Possible responses include: Talking to others when we have a problem, meditation, etc.

Dive in!

Detail: The primary job of the brain is to keep the body budget in balance. This is called *allostasis*. The brain gathers information from the body and tries to balance this information with the requirements the body needs to survive. Examples might be balancing your glucose levels (sugars in your blood stream), how much sleep you get, proper nutrition, etc. The brain does this by anticipating the needs and making predictions based on the information from the body, the outside world and past experiences. There are some things we can consciously do to help the brain make the best predictions it can and that's by taking good care of our bodies through enough rest, physical exercise and proper nutrition. When our budget gets out of balance, it can affect the predictions made by our brain and sometimes, these predictions affect our emotions. If your body budget isn't balanced, and you might lose your temper with a friend or family member about something little that might not typically bother you. In today's lesson, we're going to focus on exercise. Ask: What are some of the benefits of exercise? Accept student responses. Explain: Exercise doesn't just help you stay in shape or grow your muscles, it also helps improve your skin, keeps your bones strong and improves your immune functions; exercise also helps you reduce your cholesterol level, reduces the risk of some diseases, helps you sleep better and has been shown to improve your overall mood. Ask: How



High School

much exercise does the average teen need each day? Accept student responses. Federal guidelines from the US Department of Health and Human Services suggest that teens get at least one hour of moderate to vigorous exercise EVERY DAY!

Activity

Distribute the worksheet to students. For the first question, ask students the question aloud. Confirm that only yoga is not considered a moderate to vigorous exercise. Then have students answer the second and third questions independently. When done with the activity, students should answer the Reflect question on the worksheet.

Reflect

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

Optional Home Connection → Provide copies of the Home Connection letter to students and have them keep track of physical activity for one week using the log and then have them identify any changes they need to make in order to have a balanced body budget.

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!

For 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>