

Name: _____ Block: _____ Date: _____

FITNESS HOMEWORK – WHY?

So why are we going to have fitness homework this year? Here are a few reasons:

- 90 min. of physical activity every other day is not enough for a teenager
- To learn how to train to reach our fitness goals
- To reinforce concepts learned in class

Did you know????

- There is alarming increase in the number of children and adolescents developing Type-2 Diabetes (also termed as adult-onset diabetes) due to being overweight.
- The high levels of cholesterol and high blood pressure, that are some of the main risk factors for development of heart diseases, are found in most of the obese children.
- Sleep Apnea (interruption of breath while sleeping) is considered as the most severe problem faced by obese children. In rare cases, this sleep apnea may lead to other problems like difficulty in learning and memory.
- Obese children are on higher risk of developing, liver diseases, orthopedic problems and asthma.
- More than 70% obese adolescents retain their overweight and obese condition even during their adulthood.

A healthy lifestyle must be reinforced at home as well as at school. That is why it is so important to start positive exercise habits at a young age and that is the main reason we have fitness homework here at Mattawoman. Most fitness homework assignments will be brief but they **will be collected and graded every time**. All fitness homework must be signed by a parent. Hopefully these fitness home works will be motivating for the entire family and will help every student.

Assignment – Physical – 30 min. Muscular Strength workout of your choice.

What Muscular Strength workout did you do? _____

Parent Signature(Required): _____
I participated with my child: Yes _____ (.5 extra credit) No _____

Assignment – Written

1. Which fitness fact from above stood out to you? And why? (parent or child may answer)

2. Why do you think it is important to improve muscular strength?

3. What every day activities/chores do you do that require muscular strength?