

Name _____ Date _____ Class _____

Health Podcast Activity Worksheet

Episode 4: Working Out On a Busy Schedule

Activity A: Listening and Learning

Directions: Download the “Working Out On a Busy Schedule” podcast from www.glencoe.com. As you listen, write down the main ideas to help you complete the activities. Discuss the information on Exercise from the podcast with your classmates and then answer the questions below.

1. Give three reasons physical why activity is so important.

2. What are the four elements of an effective workout?

3. What is the difference between aerobic and anaerobic exercise?

4. Why are warming up and cooling down so important before and after physical activity?

5. What does F.I.T.T. stand for?

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Activity B: Building Physical Activity Into Your Days

Two of the biggest challenges facing teens who want to make physical activity part of their days are scheduling and consistency. Using the guidelines discussed in the podcast, create a weekly exercise routine for yourself for one month. Then, using the free tools available on the Internet, create a calendar for yourself and track your progress over the month:

1. Go to Google Calendar: www.google.com/calendar and sign up for an account. You do not need to use your real name or provide any personal information to use this tool.
2. Enter your exercise plan for each day of the month on the calendar.
3. If you would like to be reminded of your workouts, click on the reminder tab when you enter a plan for the day. You can choose how often you would like to be reminded; for example, every five minutes, every hour, or even once a week.
4. Make your spreadsheet viewable by your teacher (and anyone else you'd like to share your progress with) by clicking on the "Collaborate" tab in the right hand column and adding his or her email address.