

Obesity Unit: Exercise Log

Rationale: According to the U.S. National Library of Medicine (2010), children need at least one hour of physical exercise everyday.

Accountability Criteria

- 1.3 Medical Mathematics
- 2.2 Written Communication Skills
- 9.1 Health Behaviors

Objective: To determine's the amount of exercise needed to maintain good health.

Directions: Create a 3 column chart that includes date and time, exercise/activity and calories burned. **Chart your exercise over the next 3 days.** Exercise should be charted in 5 minute increments. (Hint: At the beginning of each class, be sure you have charted your activities from the last 24 hours.) You may use a pedometer to measure the amount of steps taken each day.

Example:

Date, time	Exercise/activity	Calories Burned
8/22 7:30-7:45 (15 min)	Walk to school	75 calories
8/22 9:25-9:30 (5 min)	Walk to period 2 (A235 to J374)	25 calories
8/22 11:10-11:15 (5 min)	Walk to period 3 (J374 to A110)	25 calories
8/22 12:40-12:45 (5 min)	Walk to cafeteria	25 calories
8/22 1:20-1:25 (5 min)	Walk to period 4 (café to I102)	25 calories
8/22 3:00-4:00 (1 hour)	Soccer practice	468 calories
8/22 4:00-4:15 (15 min)	Walk home	75 calories
Total time: 1 hour 45 min		

Resources:

To calculate calories used by exercise, refer to the following site:

http://www.cancer.org/docroot/PED/content/PED_6_1x_Exercise_Counts.asp

To determine the number of calories needed to maintain your health:

http://www.cancer.org/docroot/PED/content/PED_6_1x_Calorie_Calculator.asp

Bibliography:

American Cancer Society (2010), "Exercise Counts," Retrieved on 6/22/10 from http://www.cancer.org/docroot/PED/content/PED_6_1x_Exercise_Counts.asp

U.S. National Library of Medicine (2010), "Exercise for Children," Retrieved on 6/22/10 from <http://www.nlm.nih.gov/medlineplus/exerciseforchildren.html#cat24>

Sleep Log

Rationale: According to the National Sleep Foundation's 2006 poll, more than one quarter of high school students fall asleep in class, and experts have been tying lost of sleep to poorer grades. Lack of sleep has been linked to emotional problems as well. Most teens need 8 ½ to more than 9 hours of sleep each night. (Nemours Foundation, 2010).

Accountability Criteria:

1.2 Diseases and Disorders

1.3 Medical Mathematics

9.1 Healthy Behaviors

Objective: To determine if one is acquiring the appropriate amount of sleep each night.

Directions: Chart your sleeping habits over the next 3 days or nights to see if you are getting an adequate amount of sleep each night. (Note: It is very important for you to chart your sleep immediately, the next day. Otherwise, you will forget what time and how long you slept.)

Example:

Date	What hours do you sleep?	How many hours did you sleep?	What did you do before you went to sleep each time?
8/22/10	4 pm – 6pm, 2 am-7 am	2 hours 5 hours	Soccer practice Eat, do homework

Here are tips for a Good Night's Sleep,

Adapted from "When You Can't Sleep: The ABCs of ZZZs," by the National Sleep Foundation.

- Set a schedule: Go to bed at a set time each night and get up at the same time each morning. Disrupting this schedule may lead to insomnia.
- Exercise: Daily exercise often helps people sleep, although try to get your exercise about 5 to 6 hours before going to bed.
- Avoid caffeine, nicotine, and alcohol, which acts as a stimulant and keeps people awake. Sources of caffeine include coffee, chocolate, soft drinks, non-herbal teas, diet drugs, and some pain relievers.
- Relax before bed: A warm bath, reading, or another relaxing routine can make it easier to fall sleep.
- Sleep until sunlight: wake up with the sun, or use very bright lights in the morning. Don't lie in bed awake.
- Control your room temperature: maintain a comfortable temperature in the bedroom. Extreme temperatures may disrupt sleep or prevent you from falling asleep.

Resource:

Nemours Foundation (2010), How Much Sleep Do I Need, Retrieved 6/23/10 from http://kidshealth.org/teen/food_fitness/wellbeing/how_much_sleep.html#

Reflecting on Your Exercise and Sleeping Log

Rationale: Now that you have charted your exercise and sleeping habits over the last 3 days, reflect on your exercise and sleep patterns.

Accountability Criteria:

2.3 Written Communication

9.1 Healthy Behaviors

Objective: To reflect on observations made after charting 3 days of exercise and sleep.

Directions: Write a one-page evaluation on your findings after charting your exercise and sleep habits for 3 days.

Format: Typed, double-spaced, paragraphs, one-inch margins all sides. Average length: one page. Your name, date, and period number should be in the upper right hand corner (which should be single-spaced).

Organizational tips:

1. Organize your thoughts into paragraphs. First, introduce what the project was about.
2. Next, talk about your exercise habits. Looking at the exercise log you've created, what patterns do you observe? Do you make an effort to exercise for one hour every day? When do you get your exercise? What changes can you make in your day-to-day habits or activities so that you get an hour's worth of exercise every day?
3. Then, talk about your sleeping practices. When do you sleep? Do you nap in the afternoon? Do you get a good night's sleep? If not, what is preventing you from getting a good night's sleep? What changes can you make in your daily schedule so that you can get 9-10 hours of sleep every night?
4. Write a conclusion to your reflection. What did you learn about yourself from charting your exercise and sleep habits for 3 days? What resolutions do you hope to carry out in the future?