

Grade 11 PE Active Living
Active Living

Name: _____

Date: _____

Before you begin reading, skip to the 'Promoting Active Living' project found at the end of this section. Read through the assignment before you begin the section reading, this way you can start to think of ideas as you work through the section.

You may recall from your substantive assignment that active living can be defined in many different ways. To refresh your memory here are three definitions:

1. Active living can be defined as a way of life which values physical activity and integrates it into everyday life.
2. Health and Social Services of the Northwest Territories states that "Active Living is a way of life where people choose to be physically active every day in their community; whether they are at school, at work, at home, or at play. Active Living is based on the belief that regular physical activity has many lifelong benefits. It means something different for everyone. Active Living playing with the kids, walking the dog, dancing with friends, walking at noon with co-workers, gardening, berry picking, fishing, splitting wood, cycling to work or school, or enjoying active times alone or with friends and family. Active Living also involves organized activities such as competing in your favourite sport or participating in an activity class of your choice."
3. Some definitions of active living include other types of activities besides physical ones. They value physical, social, mental, emotional and spiritual activities, which are also integrated into daily living.

There are many factors that may affect someone's decision to become physically active. Some factors may include the health and fitness benefits of being physically active, personal experiences, interests, abilities, financial, cultural, demographic, safety issues, and personal circumstances. We will spend some time looking at each of these factors.

The following are some of the health benefits of physical activity:

- Back pain: regular exercise helps to prevent back pain by making your back more flexible and stronger, and by improving your posture.
- Diabetes: regular physical activity can help to prevent and control type 2 diabetes by reducing body fat.
- Emotions: daily physical activity can help you feel better, reduce depression and anxiety, and help you manage stress.
- Heart disease: daily physical activity can help prevent heart disease and strokes by improving blood flow, strengthening your heart, lowering your blood pressure, raising the level of your good cholesterol, and lowering the level of your bad cholesterol.
- High Blood Pressure: Regular physical activity can lower your blood pressure if it is too high. It can also reduce body fat, which is associated with high blood pressure.
- Obesity: Daily physical activity helps to reduce body fat by strengthening your muscles and helping you to burn calories with less effort. If you eat well, physical activity can help you control your weight.

- Osteoporosis: Regular weight-bearing exercise strengthens bones and slows down bone loss associated with aging.
- Stroke: Regular physical activity lowers your risk of getting a stroke and helps you lower your risk of getting heart disease.

Experiences

An individual's past experience will play a factor in their choice to live an active lifestyle. If a person has positive experiences being physically active, they are more likely to want to be physically active again. For example, if going for a walk after a stressful day makes you feel better you may choose to do it the following day. Negative experiences with physical activity sometimes has the opposite effect and individuals may not want to do it again. For example, if someone decided to go skiing with a friend and broke their leg because of a nasty fall, they may never want to go skiing again. Having positive experiences with activity is a very powerful factor in future activity participation.

Interests

An individual's personal interest will play a significant factor in becoming physically active. For example, if you love solitude and love to read, you may not be overly motivated to get out and be physically active with other people. If you love to socialize with others it may seem easy to combine physical activity and being with friends and family.

Abilities

Physical abilities may include how developed your movement and sport skills may be. If you feel that you can easily run, hop, throw, catch, balance, etc., you will find it enjoyable to take part in physical activities. If you do not feel confident or competent with these skills then you may not want to risk embarrassment or injury by taking part in activities that challenge those skills or abilities. It is important to remember that movement and sport skills improve the more you practice them.

Financial abilities refer to the ability to pay for physical activities that you enjoy. If the only activity you like is downhill skiing and you are a first year university student paying for your own university, you may find it difficult to afford downhill skiing three or four times a week. If you like activities that are less expensive such as jogging, then your financial situation will not play as big a part in the factors affecting your physical activity. If you value being active then you will find affordable, enjoyable, and convenient ways to make it happen.

Personal Circumstances

Geography plays a role in the different activities you may or may not be able to do. In the interior of British Columbia you may find it difficult to learn how to surf but being able to go for mountain hikes is very easy. Every country, province, and community has activities that are a natural fit for their geography. Where you have lived in your life will likely reflect the activities you like to participate in.

Being born into a certain culture will affect the activities you have experienced and what personal interests you have explored. If you are Canadian you may have had more opportunities to play hockey or curling, but if you live in Australia you may not even know what a skating rink looks like.

Personal characteristics such as risk taking, may limit the types of activities you take part in. You may find some activities dangerous or conversely not challenging enough. If you think that football is a dangerous activity you are not likely to give it a try. Parents may also influence your activities at a younger age based on their perception of the risks involved.

Active living choices or lifestyles may change at different times in your life. An infant's or a child's physical activity level is often dependent on the value parents place on being active. As children become older they are required to take physical education throughout their school life. Aside from physical education classes a child or youth may choose to play with a community or school team which will help meet the physical, emotional, and mental needs throughout their growing years. Adulthood is also a critical time for making active living choices. Think about the factors we examined earlier in this lesson. Many of these factors play a role as we progress through adulthood and into our senior years.

Technology

Think of ways technology can affect active living in a positive and negative manner. Machines and automation reduce energy expenditures, cause sedentary living, and decrease caloric expenditures which may in turn contribute to your weight gain. On the other hand, there are new technologies that help people achieve their fitness goals. Fitness centres have treadmills with TVs, biking rooms with video screens, and people wearing heart-rate monitors. Keep this in mind when you are developing your plan to be active. How can you use technology to help you be more active? How can you reduce the use of technology to be more active? (These are think about it questions only, no need to answer them).

PROJECT: Promoting Active Living

Now that you have learned about some of the different factors that can influence why someone may or may not choose an active lifestyle, it is time for you to consider how you could promote an active lifestyle to your community. YOU WILL BE PUTTING THIS PLAN INTO ACTION, so be sure to select something that you are capable of doing. Your plan MUST BE APPROVED by Ms. Adams. You may work with a partner(s) to complete this assignment.

Here is an example before you get started: Organize a drop-in activity night at your school gymnasium for teens. Organized sports and games could be played on evenings or weekends which would increase the activity and sport opportunities for all youth.

1. You MUST document all of the steps that you take in planning this project. You can document the planning process as either a written process or a video process. If you choose video, be sure you have permission to be filming individuals or locations. Use the following questions to guide you.
2. Describe what your active living promotion is going to be with as much detail as possible.
3. Why have you selected this promotion? How did you come up with the idea?
4. What user group do you hope to influence? For example, adults, teens or children?
5. Who will you be working with? Be sure to include any adult volunteers that you may need.
6. What steps do you need to take in order to see this plan come to fruition?
7. How did the activity go? Is there anything that you would do differently next time?