



Riverside/San
Bernardino - Group 11

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LET'S EXERCISE!

A young man with a beard is lying on a brown leather couch, looking relaxed. He is wearing a blue t-shirt and dark shorts. The image is overlaid with a teal color. The text is centered over the image.

**NEARLY HALF OF AMERICAN YOUTHS
AGED 12-21 ARE NOT VIGOROUSLY ACTIVE
ON A REGULAR BASIS**

This can cause health problems and
decrease life expectancy

PHYSICALLY ACTIVE

- Planned
- Structured
- Repetitive
- Purposeful

VS SEDENTARY

- Sitting
- Lying down
- Reclining
- Long time periods



HEALTH

RISKS



Overall Health

- prevention of obesity and certain cancers



Cardiovascular Health

- reduces blood pressure and lowers cholesterol



Metabolic Health

- helps to maintain Type 2 Diabetes



BENEFITS OF EXERCISE

Respiratory Health

- lung capacity and cardio respiratory function



Mental Health

- reduces anxiety, depression, and stress



Bone and Joint Health

- prevention of Rheumatoid arthritis



SIGNS OF AN INACTIVE LIFESTYLE

SHORTNESS
OF BREATH
WHILE
EXERCISING

HIGH
RESTING
HEART
RATE

POOR
SLEEP

POOR
FLEXIBILITY

EXCESSIVE
WEIGHT
GAIN

POOR
BALANCE

COVID-19



NO
NEARBY
PARKS



WHAT'S STOPPING YOU?



WORK



NO
MOTIVATION

EXPENSIVE
EQUIPMENT



SOCIAL
MEDIA

PREVENTION

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
7		Commute	Commute	Commute	Commute	Commute	
8		Work	Work	Work	Work	Work	
9							
10							
11							
12	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1		Work	Work	Work	Work	Work	
2							
3							
4							
5		Commute	Commute	Commute	Commute	Commute	
6	Cook Dinner	Cook Dinner	Cook Dinner	Cook Dinner	Cook Dinner	Cook Dinner	Cook Dinner
7	Family Time	Family Time	Family Time	Family Time	Family Time	Family Time	Family Time
8							



BE MORE CONSCIOUS
ABOUT YOUR TIME

PRIORITIZE WORKING
OUT SO IT HAPPENS

HOW TO STAY ACTIVE?

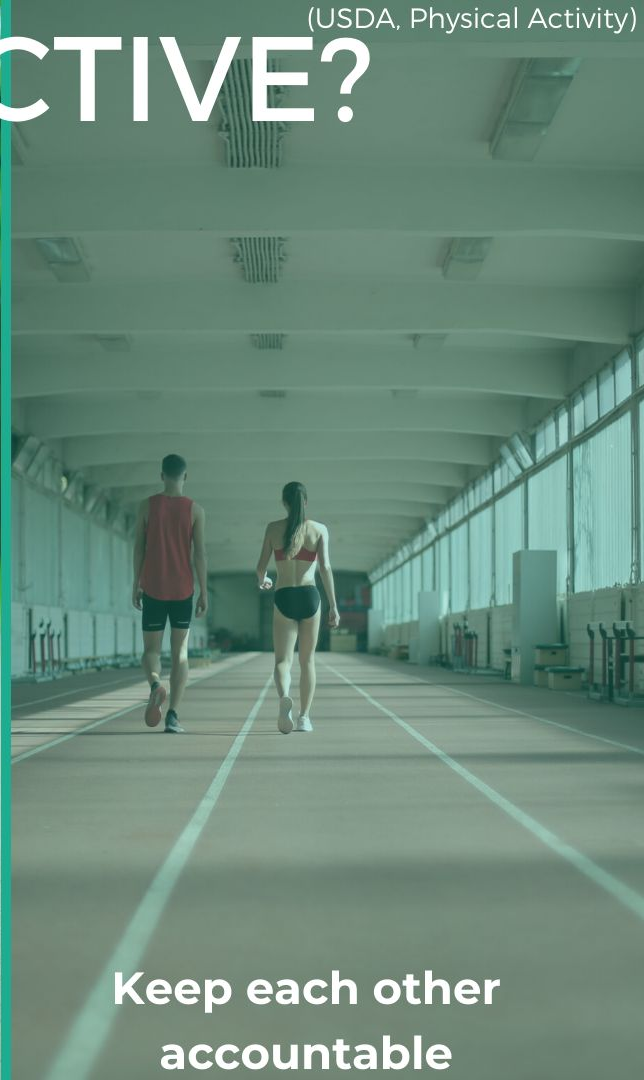
(USDA, Physical Activity)



Free workouts online



**Walk or run safely
outdoors**



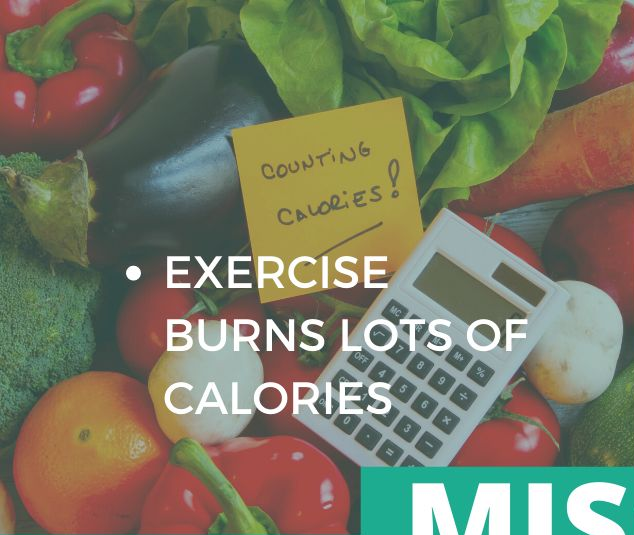
**Keep each other
accountable**



TYPES OF EXERCISE



(Physical Activity Guidelines for Americans)



- EXERCISE BURNS LOTS OF CALORIES



- AEROBIC FITNESS IS BETTER THAN MUSCULAR FITNESS

MISCONCEPTIONS



- SIT-UPS MAKE YOUR STOMACH FLAT



- YOU HAVE TO JOIN A GYM

INJURY PREVENTION

- KNOW YOUR BODY'S LIMITS
- BUILD UP GRADUALLY
- TAKE REST DAYS
- USE PROPER FORM AND TECHNIQUES



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QUESTIONS?

<https://tinyurl.com/exercise11>

