

Get Up and Get Fit

NHES Standard 8 Students will demonstrate the ability to advocate for personal, family, and community health.

Teaching Objectives

- Identify the physical, mental, emotional, and social benefits of physical fitness.
- Develop a PSA advocating for listeners to make healthful fitness choices.

Teaching Strategies

- Place students in groups of three or four. Each group should have a textbook and access to the Internet.
- Have students begin by reading the instructions for this activity.
- Review effective advocacy skills students can use to promote fitness. Discuss examples of ways to inform listeners and encourage them to make healthful fitness choices.
- Optional: Provide a recording device or have students role-play their PSA to the class.

Assessment

Using a rubric, student work should provide comprehensive evidence of the following criteria to achieve the highest score:

- ✓ Clear, health-enhancing stand
- ✓ Support for position with relevant information
- ✓ Awareness of audience
- ✓ Encouragement of others to make healthful choices
- ✓ Passion and conviction

Hands-On **HEALTH**

Activity **Get Up and Get Fit**

Now that you understand the benefits of fitness, use your knowledge to motivate others. Write a public service announcement (PSA) for a radio show. Conduct research to learn the physical, mental/emotional, and social health benefits of fitness. The PSA script should persuade others to get up and get fit.

What You'll Need

- computers with Internet access
- recording equipment (optional)

What You'll Do

Step 1

Work in groups of three or four. Identify at least five benefits of fitness, and five facts and examples demonstrating the benefits you selected.

Step 2

Write a script featuring at least three examples from your research. Support your position by citing at least one valid resource for each example.

Step 3

Present the PSA to the class as a role-play or a recording.

Apply and Conclude

Ask the entire class for feedback on each PSA. Discuss whether the message was clear, if valid examples were given, and whether the target audience was addressed.

Checklist: Advocacy

- ✓ Did I take a clear, health-enhancing stand?
- ✓ Can I support my position with reliable sources?
- ✓ Did I demonstrate an awareness of our target audience?
- ✓ Did I deliver the message with enough passion and conviction?



Health Literacy

Exercise Benefits Depression A 2005 study found that exercise is an effective way to treat mild to moderate depression. The study was the first to investigate the effects of exercise alone on depression. Researchers found that 30 minutes of aerobic exercise three times a week for 12 weeks reduced

symptoms of depression by almost 50 percent. This is about the same effectiveness as antidepressants or cognitive therapy but without the side effects of expense. Given relatively high rates of depression in teens, this is another important reason to promote physical activity to students.