

DIY Library Program

ADULT 101: FITNESS

FIT HEALTHY PRACTICES FOR THAT FIT LIFE

Recommended for Ages 12 – 17

What does it mean to be fit and healthy? Generally, it means to be in good physical condition.

“Healthy living and physical fitness are closely connected. Being physically fit not only helps people live healthy lives, it also helps people live longer.” (Wexler, p. 45)

I am sure you all have heard that exercising is important and has many benefits, but what does that mean for you? You don't have to be training for the Olympics to be fit or healthy.

Moderate exercise is recommended 3 times a week for at least 30 minutes. Moderate exercise can include activities such as:

- Walking briskly
- Jumping rope
- Climbing the stairs
- Washing the car
- Gardening
- Dancing in your room

Can you think of other activities?

While you are exercising, you are improving your physical and mental health as well. Exercise can make you feel better and more comfortable in your skin.

For your physical health, exercise can:

- Reduce your risk of heart disease
- Increase the good cholesterol and decrease the bad cholesterol
- Reduce blood pressure
- Build lean muscle mass
- Burn more calories and fat
- Reduce the risk of diabetes
- Strengthen the heart muscle and pump more efficiently
- Help you sleep better



For your mental health, exercise can:

- Reduce stress and symptoms of depression
- Help develop better memory and cognitive skills
- Build resilience (recovering quickly from difficulties)

Pop Quiz

- What does it mean to be fit and healthy?
- What are moderate exercising activities?
- How can exercising benefit your health?

ACTIVITY

Now that you have learned the importance of being healthy, you can create your own activity log and start implementing it into your daily life.

Print the template provided below or create your own!

Recap (3 things to remember about fit practices):

1. Being fit means you are healthy – mentally and physically.
2. It is recommended that we do moderate exercise 3 times a week for 30 minutes.
3. Exercising can help us sleep better and feel awesome!



My Activity Log

Remember: 3 times a week for 30 minutes is recommended.

	Day 1	Day 2	Day 3
Week 1	Activity: My Notes:	Activity: My Notes:	Activity: My Notes:
Week 2	Activity: My Notes:	Activity: My Notes:	Activity: My Notes:
Week 3	Activity: My Notes:	Activity: My Notes:	Activity: My Notes:
Week 4	Activity: My Notes:	Activity: My Notes:	Activity: My Notes:

DIGITAL RESOURCES AVAILABLE THROUGH LA COUNTY LIBRARY

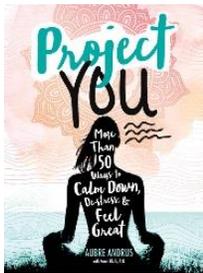
eBooks & Audiobooks

LA County Library offers numerous resources that can help you learn more about fitness. Here are just a few, all of which are available as eBooks on [OverDrive and Libby](#):



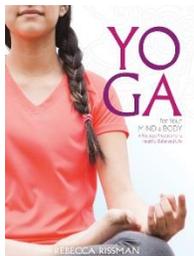
[*12 Ways to Stay Active and Fit*](#) by James Kallio

This book suggests 12 different forms of exercising and provides background information about each activity. It also explains the advantages of health and fitness.



[*Project You: More Than 50 ways to Calm Down, De-stress, and Feel Great*](#) by Aubrey Andrus

Find your balance. Become stronger. Feel amazing. Transform your mindset and emotions with the activities and solutions that speak to you. This title provides fifty projects to help you set a path toward relaxation, peace of mind, and happiness.



[*Yoga for Your Mind and Body*](#) by Rebecca Rissman

A step-by-step book to learn yoga at home. There are images with clear instructions so you can learn to build strength and flexibility.



[*The RBG Workout*](#) by Bryant Johnson

Ruth Bader Ginsburg's (RBG) personal trainer created this book to show you the importance of exercise. It is full of illustrations and provides good stay-at-home alternatives for working out.



ONLINE RESOURCES & DATABASES

- [Hoopla](#) offers free films and TV shows. If you search “Fitness”, you may also find music playlists for your next workout!
- [Kanopy](#) features films and videos that can be streamed free, on-demand. Simply search “Fitness” and choose a title that catches your interest.
- [Opposing Viewpoints](#) features essays, articles and primary sources on contemporary social issues. In the database, search “Fitness” and there will be many resources to choose from such as activity trackers, sports, and fitness trends.
- [Virtual Reference Library](#) features eBooks on various topics. In the database, search “Fitness” and there will be many topics to choose from such as physical fitness and exercise, fitness apps, history of fitness, and fitness apparel.

ONLINE RESOURCES

- Learn why it’s wise to exercise at KidsHealth.org. <https://kidshealth.org/en/teens/exercise-wise.html>
- HelpGuide is a non-profit mental health and wellness website. It provides a range of information and suggestions for improving mental health and being physically active. www.helpguide.org

Works Cited

University of Rochester Medical Center. “Exercise and Teenagers.”

<https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentTypeID=90&ContentID=P01602>. Accessed 31 Mar. 2020.

Wexler, Barbara. "Physical Fitness and Exercise." *Healthy Living*, edited by Elizabeth P. Manar, 2nd ed., vol. 1: Nutrition, Physical Fitness and Exercise, Personal Care and Hygiene, Personal Growth and Development, Sexuality, UXL, 2013, pp. 43-75. *Gale eBooks*, <https://link.gale.com/apps/doc/CX2763900010/GVRL?u=down54663&sid=GVRL&xid=f04aaba1>. Accessed 31 Mar. 2020.