

The background of the entire page is a repeating pattern of light gray line-art icons. These icons represent various food items (burgers, fries, pizza, apples, strawberries, milk cartons, smoothies), health symbols (hearts, checkmarks, question marks), and shopping-related items (shopping carts, grocery bags).

FUTURE WELL™ KIDS

MODULE 1 RESOURCE GUIDE FOR PARENTS

EXERCISE FOR HEALTH

MODULE SUMMARY

In this optional self-paced module, *Exercise for Health*, children ages 10–13 will learn about what happens to their bodies with exercise, why exercising is good for them, and the risks associated with not exercising, including the development of noncommunicable diseases (NCDs), such as heart disease and type 2 diabetes. The module begins with your child considering the role exercise plays in his/her current life and the importance placed on exercise in general. Your child will learn about the basic functions of our cardiovascular system and the critical role exercise plays in maintaining cardiovascular health. Your child will also learn how exercise helps reduce the risk of certain noncommunicable diseases. At the end of this module, your child will understand:

- What an NCD is
- How physical activity plays a role in reducing the risk of developing an NCD
- The recommended activity guidelines for staying healthy

BACKGROUND

The World Health Organization recommends 60 minutes of daily moderate to vigorous activity to reduce the risk of developing NCDs. The 60 minutes do not need to be done all at once, but it helps to do at least 30 minutes of an exercise at one time.¹ Moderate activity is anything that raises your heart rate and gets your blood moving through your body; you should still be able to talk if you are exercising moderately. It can help your mood, increase your energy levels, and lower your blood pressure. Vigorous activity raises your heart rate even higher to a level that is most beneficial for your body; it becomes more difficult to talk while you are exercising vigorously. For active children, exercise should include **aerobic activities** like swimming or cycling, **muscle-strengthening activities** like weightlifting, and **bone-strengthening activities** like running.²

A noncommunicable disease (NCD) is any disease that is not contagious and cannot be spread to others, like the flu.

¹ Source: World Health Organization. Physical activity and young people. https://www.who.int/dietphysicalactivity/factsheet_young_people/en/

² <https://www.gov.ie/en/publication/06de8b-be-well/#physical-activity-guidelines>

MAKING THE MOST OF THE MODULE WITH YOUR CHILD

Your child can go through this module on his/her own in approximately 15–20 minutes. However, if you would like to make the most of the experience as a family, this section provides discussion starters for before, during, and after each module screen.

EXERCISE FOR HEALTH

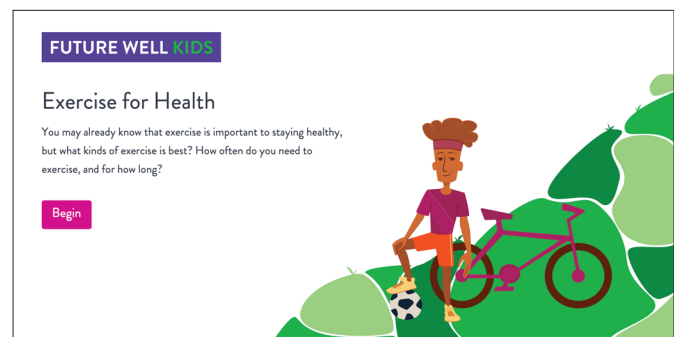
MODULE OVERVIEW

Your child may already know that exercise is important for staying healthy, but what kinds of exercise are best? How often does he/she need to exercise, and for how long?

SETTING THE STAGE

Before your child starts the module, consider discussing one or more of these questions:

- What's your favorite activity to do outside of school?
- How does exercise make you feel?
- Do you think it's important to exercise? Why or why not?



SCREEN-BY-SCREEN PARENT TIPS

- **Prepare**
 - **Set-up:** The module begins with your child learning that regular exercise can help reduce the risk of developing certain noncommunicable diseases.
 - Consider asking your child if they have ever heard of noncommunicable diseases. (If not, that's okay. They'll learn more in the module.)
 - **How Much Do You Exercise:** Your child is asked to think about his/her daily routine and how much time is active each day.
 - Consider having your child highlight the times when he/she is most physically active.

- **Pretest:** The pretest consists of three questions. Your child will have one opportunity to answer each question correctly. Feedback is provided for both correct and incorrect answers.
- **Confidence Ranking:** Your child is asked to rank how strongly he/she agrees or disagrees with the following statement: “I know how important exercise is for staying healthy.”

● Learn

- **Exercise and Your Body:**
Your child will be introduced to the concept of noncommunicable diseases (NCDs) and how exercise can reduce the risk of developing NCDs by strengthening the different systems in the body.



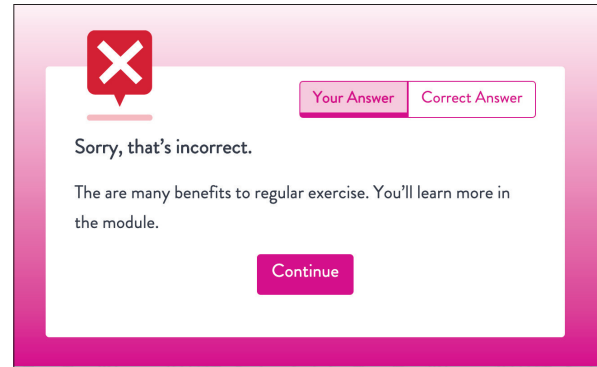
- You can review with your child the functions of different major organs or bodily systems. For example, bones help people stand upright while the heart pumps blood.
- **Best Exercise for Me:** Your child will explore the differences between light, moderate, and vigorous exercise.
- **What Happens if You Don't Exercise?:** Your child will be introduced to three noncommunicable diseases: type 2 diabetes, high blood pressure, and heart disease.
 - Consider asking your child if he/she knows anything else about these diseases. Does anyone in your family live with one of these conditions?
- **Fitting Exercise into Your Daily Routine:** Your child is going to examine four students' daily routines.
 - Consider asking your child which routine he/she identifies with the most or is most similar to his/her own.
- **Finding a Routine:** Your child is challenged to recommend an exercise routine that fictional Rena can pursue.

● Reflect 1

- Your child will be asked to rank how strongly they agree or disagree with the following statement: “I know how important exercise is for staying healthy.”
 - Did your child agree more with the statement after completing the module than before?

● Challenge

- There are five post-test questions for this module. Your child is encouraged to review the information in each section, if needed, before beginning the post-test.
- Your child will be presented with a variety of question types, including multiple-choice, classification, matching, and true/false.
- For each question, your child will have two opportunities to answer correctly. Full credit is given for correct answers on the first try. Partial credit is given if your child correctly answers a portion of a multi-part question or gives the correct answer on a second try.



● Reflect 2

- Your child is asked to rank how strongly they agree or disagree with the following statement: "After completing this module, I am more likely to try to exercise for at least 60 minutes each day."
- Encourage your child to commit to exercising each day.

EXTENDING THE MODULE WITH YOUR FAMILY

Once your child completes the module, consider completing the following extension activity:

Using the form below, encourage your child to write out what exercise activities they plan to do during the next week (As a challenge, see if they can include both moderate and vigorous activities and all three types of exercise!). Encourage your child to find 60 minutes of exercise activities each day. After your child has written their plan, have him/her sign the plan to commit to following it. Then, you can initial each day that he/she has completed his/her exercises.

_____ **'S EXERCISE PLAN**

| DAY | EXERCISE PLAN | PARENT SIGNATURE |
|-----|---------------|------------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

I, _____, commit to working my hardest to complete 60 minutes of physical activity each day.

Child's Signature

KEY TERMS

Aerobic Activity

activity that requires rhythmic movement of a person's muscles for a sustained period, such as swimming or cycling

Bone-strengthening Activity

activity that has a forceful impact on a person's bones, such as running or jumping

Heart Disease

a disease in which the blood vessels that bring blood to the heart are narrowed or blocked

High Blood Pressure

a condition in which the force with which blood pushes against the blood vessel walls is abnormally high

Moderate Activity

activity that raises the body's heart rate and gets blood moving through the body at a rate that allows the person to continue talking without being short of breath, or 50-60% of their resting heart rate

Muscle-strengthening Activity

activity that requires a person to use his/her muscles to do more work than normal, such as climbing or lifting weights

Noncommunicable Disease

a disease that is not transmitted directly from person to person, such as through infectious agents

Type 2 Diabetes

a disease in which the body's normal response to blood sugar through insulin is impaired

Vigorous Activity

activity that raises a person's heart rate to a level most beneficial for the body, at which a person demonstrates rapid breathing and can only speak short phrases without becoming short of breath, or 75-80% of their resting heart rate