

MY NAME _____



Healthy Body – Resistance is everything page 26

HEALTHY VIBE

HEALTHY BODY

Resistance is everything

Push-up your fitness with this easy exercise.

You don't need to spend money on expensive gym memberships or equipment to exercise effectively. Cardio-based exercises, like running, swimming and walking, are great ways of burn calories and keep your heart strong. It's also good to do exercises that strengthen your muscles. Strength or resistance exercises are important because strong muscles support your posture. They also stimulate your metabolism.

Push-ups can be done anywhere with no equipment and you get the benefits of weight-lifting, stretching and cardiovascular training in one exercise. Usually seen as an exercise for the pectorals (the big muscles that define the chest) they also work the upper arms (biceps and triceps) the shoulders and the *latissimus dorsi* in the back. Push-ups also build the core muscles of the stomach and back, which is important for posture and support. Remember, to check with your doctor before undertaking any new exercise program.

Basic push-ups

1. Lie down with your hands on each side next to your chest and your face just off the floor. Your feet should be perpendicular to the ground, with only the toes touching.
2. Press upwards with your arms, breathing out as you extend them. Your back and legs should be in a straight line and your hands should be level and slightly out from your shoulders when you reach the top of the movement. Don't be tempted to use your butt, legs or stomach to pull you up.
3. Hold momentarily, then lower your torso back to the ground, remembering to keep your back straight. This is one 'repetition'. When you do more repetitions, lower yourself almost to the floor without touching the ground so you maintain the tension in your arms. Over time, work your way up to doing a 'set' of 10 push-ups. Add another set and another until you can do 50 push-ups. From there, build up to sets of 20 until you can do 100.



Even easier push-ups

Knee Push-ups: If you find a standard push-up too hard, try this one. By raising your torso from your knees, you can reduce the load by 50 per cent.

Remember to keep your torso and back straight.



Wall push-up: This is even easier. Stand in front of a wall and place your hands in front of you slightly further than shoulder width apart. Lean in to the wall and push away again with your arms and chest.



Variations on the standard push-up

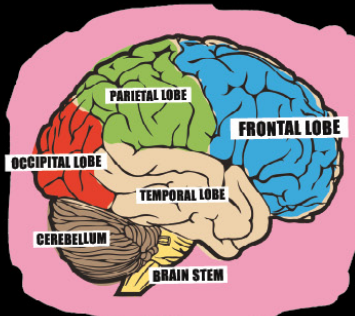
Wide arm push-ups: Place your hands wider apart to work more on the outer chest and help stretch the outer lats, which brings out more definition.

Close arm push-ups: Place your hands directly below your shoulders. This works the triceps and chest and stretches the middle back if done carefully and slowly.

The plank: Lying in the standard push-up position, raise your torso and rest your forearms on the floor, facing forward. The length of your body, from your head to your feet, should be in a straight line, like a plank of wood. Hold this for as long as you can. Aim for 15 seconds at the start, then 30 seconds, then one minute.

Brain Power

MORE POWERFUL THAN ANY COMPUTER, THE HUMAN BRAIN IS A TRULY AMAZING ORGAN.



The brain controls all of your actions, thoughts, feelings, memories and senses, as well as your heart beat, blood pressure and breathing. The four basic parts of the brain are the Cerebellum, the Cerebrum, the Limbic System and Brain Stem.

The four regions of the Cerebrum, which control different aspects of your body, are known as the 'Lobes'. These work together to control your perception, consciousness, recognition, memory, speech and emotions.

The Cerebellum is responsible for the body's regulation and coordination of posture, balance, direction and movement.

The Limbic System is a series of structures inside the cerebrum that are the brain's central processing units. They control actions, such as breathing, hunger, thirst, fear, surprise and short-term memory.

The tubular-shaped Brain Stem, beneath the Cerebellum, controls life-support actions, such as heartbeat, breathing and blood pressure.

To make sure your brain operates properly you need to take good care of it. Drinking alcohol, smoking cigarettes and doing drugs all affect the brain in a very negative way, destroying that important connection between your brain and body. Foods like fish and dark green, leafy vegies are great for the brain and so is keeping active. Taking a long walk or run stimulates your brain by asking it to judge distance, balance, speed and adjust breathing. Also, try a few puzzles or crosswords here and there – a little mental stimulation can go a long way.



Cardio-based exercise like running, swimming and walking gives your heart a workout and burns calories.

You can also do resistance exercise to strengthen your muscles and stimulate your metabolism .

ACTIVITY 1:

UNDERSTANDING WHAT YOU READ

There are three levels of comprehension questions:

Level 1 – Literal.

The answer is located in one sentence in the text.

Level 2 – Inferred or Interpretive.

You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.

Level 3 – Applied.

The answer is in your background knowledge, what you already know or feel.

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Which exercises can be done anywhere, without any special equipment?

(Literal – sentence 1 paragraph 2)

List the muscles that push-ups build.

(Inferred – paragraph 2)

Why is it important to consult your doctor before starting any new exercise program?

(Applied – paragraph 3 & your background knowledge)

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What are three variations on the standard push-up that you could do?
(Literal – paragraphs 8 -10)

- 1 _____
- 2 _____
- 3 _____

In your own words, write your steps for completing basic push-ups.
(Inferred – paragraphs 3 -5)

STEP 1

STEP 2

STEP 3



ACTIVITY 2

LANGUAGE CONVENTIONS – SPELLING

The spelling mistakes in these sentences have been underlined.

Write the correct spelling for each word in the box.

Resistance training builds strong muscles.

You don't need expensive gym memberships to be fit.

Running burns calleries .

Exercise stimulates you're metabolism.

Each sentence has one word that is incorrect.

Write the correct spelling of the word in the box.

You get the benefits of wait-lifting.

Push-ups are good for the pecteralls.

They also build core mussels.



ACTIVITY 3

WRITING AN EXPOSITION

An Exposition is a type of ARGUMENT that states one point of view about an issue.

ARGUMENT TYPE	SOCIAL PURPOSE	STAGES	PHASES
Exposition	states one point of view about an issue	Thesis Arguments Restatement	preview evidence statistics quotes examples elaborations review conclusions

Resistance training strengthens muscles while burning calories, stimulating the metabolism and improving your posture.

Write an EXPOSITION to argue the reasons for including resistance training in your fitness program.

Think about:

- ★ reasons and evidence to support your ideas

Remember to:

- ★ plan your writing
- ★ choose your arguments carefully
- ★ give reasons for your arguments
- ★ give examples to support your arguments
- ★ write in sentences
- ★ pay attention to your spelling and punctuation
- ★ use a new paragraph for each new idea
- ★ choose your words carefully to convince a reader of your opinions
- ★ check and edit your writing so that it is clear for a reader.