Planning Activity: Explaining Health Benefits

This lesson has given you an overview of the health benefits that physical activity provides. Part of your role as a school-age staff member will be to explain and teach these benefits to children. The following bullet points about the health benefits of physical activity are taken from the lesson you just explored. Read through them again, and think about how you would share these concepts with school-age children.

**Physical Health**
There is a clear connection between leading an active lifestyle and being healthy. It is recommended that children be physically active for at least 60 minutes each day. Following those guidelines, along with a healthy diet and lifestyle will help to:
- Maintain a healthy weight and BMI (body mass index).
- Achieve physical developmental milestones.
- Maintain or improve blood pressure.
- Improve cardiovascular fitness.
- Improve posture and balance.
- Improve overall physical health.

**Mental Health**
Maintaining an active lifestyle will not only help achieve physical health and fitness but will also improve a child’s mental health. Sustaining an active lifestyle increases energy, helps children maintain a positive attitude, and helps them achieve other health benefits such as:
- Improved self-esteem and confidence.
- Reduced stress.
- Improved social skills (especially when participating in team sports).
- Improved focus and brain function.

Now, you will have a chance to do some activity planning. Think about some fun and interactive ways you could share the above information with school-age children. How could you deliver it in a way that is meaningful and appropriate?
Use the chart below to record your planning ideas. Use the left column to fill in a health benefit you would like to teach. Use the right column to record ideas about how you could share it.

<table>
<thead>
<tr>
<th>Health Benefit</th>
<th>Planning Idea</th>
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| ● Maintain a healthy weight and BMI (body mass index). | ● Have a local medical professional discuss the importance of a healthy weight.  
● Have a military recruiter or representative talk about the physical demands and go through some of the fitness test requirements for basic training.  
● Instead of being negative about body weight, share what benefits that come with each pound lost. |