

Mt. Eden High School



P.E Make-up #3

Name: _____

Period: _____

Roll # _____

PE Teacher: _____

A myth is a belief or opinion based on false reasoning. In other words, a myth is a lie. There are many myths about fitness and exercise. Here are a few, with explanations of why they are false:

Myth 1: Exercise makes you tired. As you get in better shape, you will find exercising gives you more energy than you had before. Regular exercise can actually reduce stress and fatigue.

Myth 2: Exercise means playing a sport. While team sports are exercise, individual activities such as walking, running, biking, or swimming are excellent forms of exercise too.

Myth 3: Sports drinks are better to drink than water when exercising. Cold water is best fluid for exercisers. Cold water empties more rapidly from the stomach than warm drinks and also helps to lower the body's core temperature. Sports drinks which contain sugar are absorbed more slowly in the system and therefore, function less effectively as a fluid replacement.

I. The phrase, "No pain, no gain," is also an exercise myth. Explain why you think it is false.

Aerobic activity: Do 3 days of 15 minutes of aerobic activity

	<u>DATE</u>	<u>ACTIVITY</u>	<u>TIME</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____

Strength Activity: For strength development do **3 separate days of each** of the following
10 push-ups and 20 sit-ups

Circle the days you complete the push-ups and the sit-up exercises.

Fri. Sat. Sun. Mon. Tues. Wed. Thurs.

PARENT SIGNATURE: _____

DATE: _____

(A parent signature verifies that the above exercise was performed and required in order to receive credit)