

Mt. Eden High School



P.E Make-up #16

Name: _____
Period: _____ Roll # _____
Teacher: _____

Four Step To Keep Your Heart Healthy

Reggie Lewis, a star basketball player for the Boston Celtics, died of a heart attack when he was only 27 years old; His sudden death shocked the sports world. How could someone so athletic and youthful be vulnerable to heart disease? Doctors believed Reggie's heart stopped because of an undiagnosed viral infection that had inflamed the heart. Such deaths among youth adults are rare. While heart disease is the nation's No. 1 killer, most heart attacks are NOT cause by a virus, but by arteriosclerosis, a disease that causes blockages in the arteries. Fortunately, there are four steps that can be followed that will make a difference in helping your heart to stay healthy.

- 1) Stay away from tobacco products
- 2) Cut down on fatty foods
- 3) Maintain a healthy body weight
- 4) EXERCISE!

1. Give specific examples of how you can cut down on fatty foods. I can _____

2. What kind of exercise can you do that will make your heart healthier? Give two examples

3. Which of the 4 steps above do you think is the hardest for most people to follow?

Why? _____

Aerobic Activity: Do 3 days of 20 minutes of aerobic activity

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

Strength Activity: For strength development do **4 separate days** of the following

A. 12 push-ups and 25 sit-ups

Circle the 4 days you completed push-ups and sit-ups

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

PARENT SIGNATURE: _____ DATE: _____