

Mt. Eden High School



P.E Make-up #17

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

HEALTHY BODY WEIGHT

Getting and maintaining a healthy body weight is at the top everyone's "to do" list these days. While it may seem like an impossible task, it is possible to stay at a healthy body weight for life. You'll need to build in a few healthy habits into your lifestyle one at a time. Once these are in place, you can put weight management on auto-pilot

Step 1: Eat more frequently; eat 4 to 6 small (300 to 500 cal's) meals a day.

Step 2: Learn how to eat healthy when you out. When you see these words on the menu, skip that item altogether or share it so you can eat a smaller portion: sautéed, fried, mayo, gravy, cream sauce, cheese, and dipped.

Step 3: Find a exercise or sport you like. Don't simply start exercising. Experiment with different activities in different settings with different people until you find one you LOVE.

Step 4: Organize you life. Prioritize what's most important to you. Understand that you DO have time for exercise and eating better because we make time for what we want to do.

1. Which of the Healthy Body Weight Steps do you think is the easiest one to do? _____

2. Which of the Healthy Body Weight Steps do you think is the hardest one to do? _____

3. Which on the Healthy Body Weight Steps do you do right now? _____

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
2 sets of 10 push-ups & 2 sets of 20 sit-ups

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

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

PARENT SIGNATURE: _____ DATE: _____