

## **Fitness Focus**

### **Effects of Nutrition & Physical Activity**

### **Self-Concept (part 2)**

Physical Education Standard 4.5 says that 8<sup>th</sup> grade students should be able to “explain the effects of nutrition and physical activity on: self-concept, weight control and physical performance.” This lesson will examine physical activity and its effect on self-concept and weight control.

The effects of regular physical activity on our health include:

- Reducing the risk of dying prematurely from cardiovascular disease
- Reducing the risk of developing diabetes
- Reducing the risk of developing high blood pressure
- Reducing the risk of developing colon and breast cancer
- Builds and maintain healthy muscles, bones and joints
- Maintaining a healthy weight
- Reduces feelings of depression and anxiety
- Promotes psychological well-being (satisfaction with all parts of one’s life, feelings of accomplishment)

We learned that self-concept is developed through interactions, feedback and reflections. Let’s look at the last three benefits of regular exercise mentioned above and connect them to our self-concept.

1. **Regular activity** ↔ **maintaining healthy weight** ↔ **positive feedback, positive reflections** ↔ **positive self-concept**
2. No regular physical activity ↔ *unhealthy weight* ↔ *negative feedback, negative reflections...*  
*... ↔ negative self-concept*
3. **Regular activity** ↔ **reduces feelings of depression and anxiety** ↔ **positive feedback, positive reflections** ↔ **positive self-concept**
4. No regular physical activity ↔ *NO reduced feelings of depression and anxiety* ↔ *negative feedback, negative reflections* ↔ *negative self-concept*
5. **Regular activity** ↔ **psychological well-being feeling** ↔ **positive feedback, positive reflections** ↔ **positive self-concept**
6. No regular physical activity ↔ *no psychological well-being feeling* ↔ *negative feedback, negative reflections* ↔ *negative self-concept*

### **Physical Activity (Along with a Nutritious Eating Habits) is Key to Maintaining Energy Balance and a Healthy Weight**

Regular physical activity along with nutritious eating habits is the key to maintaining a healthy weight. In order to maintain a healthy weight, **there must be a balance between calories consumed and calories expended through physical activity**. Although overweight and obesity are caused by many factors, in most individuals, weight gain results from a combination of excess calorie consumption and inadequate physical activity.

## Smart Eating (by Ellie Krieger)

1. Find a balance between eating food we know is good for our bodies and food that gives us comfort.
2. Think of food in three categories: “USUALLY”, “SOMETIMES”, “RARELY”
  - Usually- most nutritious (whole grains, fruit & vegetables, lean proteins, healthy fats, nuts, beans and low-fat dairy)
  - Sometimes- brown sugar on oatmeal, French bread, etc.
  - Rarely-bacon, butter, etc.
3. Notice that there are no “NEVER” foods. When you make something forbidden, you want it so much more. Fit treats into your nutritional plan in a sensible way.

## Lesson Review

1. Describe which three (out of 8) are the most important effects of regular exercise to “YOU”.
2. Describe the connection between physical activity and self-concept. Give a complete example.
3. What is the key to maintaining a healthy weight?
4. If physical activity and eating nutritiously are key to maintaining a healthy weight and maintaining energy balance (hint, hint), why would not eating, skipping meals, barely eating, be such a dangerous strategy for losing weight?
5. Describe Ellie Krieger’s strategy for dealing with food.
6. Make a list of the foods you eat, “usually”, “sometimes”, “rarely” during a typical day. (YOU ARE NOT GRADED ON YOUR FOOD HABITS, BE HONEST & LEARN)