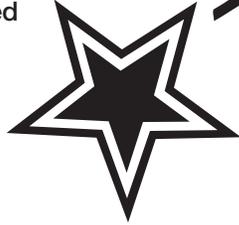


Adventures in learning, created  
by Canadian dietitians



*Students explore the benefits of active living,  
develop and adopt a personal goal to increase  
daily activity.*

### Learning Expectations:

1. Describe the benefits of active living.
2. Develop and adopt personal goals to increase daily activity.

**Subject Links:** Physical Education, Health, Language

### Materials & Resources:

- ☆ *Canada's Physical Activity Guide for Youth* and the *Let's Get Active! Interactive Magazine for Youth* at: [www.healthcanada.ca/paguide](http://www.healthcanada.ca/paguide)
- ☆ Flip chart and markers
- ☆ Paper

### Class Discussion:

Brainstorm a list of the physical, mental and social benefits of regular physical activity.

- ☆ Physical: stronger muscles and bones, more energy, less risk of health problems
- ☆ Mental: reduced stress, improved self-esteem, better sleep
- ☆ Social: interact with friends, make new friends, be part of a team

### Teaching Tip:

Use the *MISSION NUTRITION\** Teacher Notes and the *Teacher's Guide to Physical Activity for Youth* at: [www.healthcanada.ca/paguide](http://www.healthcanada.ca/paguide) for background on the benefits of activity. You may want to have students take the quiz on the benefits of physical activity in the *Let's*

*Get Active! Interactive Magazine for Youth* at:  
[www.healthcanada.ca/paguide](http://www.healthcanada.ca/paguide)

### Activities:

1. Have students write about being active:
  - ☆ What kinds of activities do they participate in?
  - ☆ How they feel when they participate in these activities.
  - ☆ Do they have fun being active?
  - ☆ Are other activities they would like to try?
  - ☆ How could they increase their daily activity?
2. Review *Canada's Guidelines for Increasing Physical Activity in Youth* in the *Let's Get Active! Interactive Magazine for Youth* at: [www.healthcanada.ca/paguide](http://www.healthcanada.ca/paguide). Then have students set and record a personal goal to increase their daily activity.

### Home Connection:

Ask students to make a plan to achieve their daily activity goal. Have them track their progress for a week or two and report back to you or the class. Were they able to stick to their plan or do they need to modify their goal or their plan? Encourage them to enlist the support of a friend or family member to help them.

### Assessment:

Assess students based on the following:

- ☆ Did they set a realistic goal?
- ☆ How well did they keep track of their progress?
- ☆ How well did they evaluate their progress?
- ☆ Were they able to provide solutions when faced with challenges?

*MISSION NUTRITION\**  
resources for  
Kindergarten to  
Grade 8 are available in  
English and French at  
[www.missionnutrition.ca](http://www.missionnutrition.ca)  
or by calling  
1-888-876-3750.

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