

This lesson allows you to infer how one's lifestyle can affect the functioning of respiratory and circulatory system. Eating nutritious foods, doing regular exercise and gaining adequate sleep daily can keep your respiratory system, cardiovascular or circulatory system and immune system stronger. These activities will give your body enough knowledge, skills and attitudes towards a healthy lifestyle.

To have a healthy lifestyle, we must be conscious of what we are doing, like monitoring the amount of sleep we have daily, how we move in our position when doing something like working in front of the computer, eating the nutritious food and avoiding what is not necessary in our body. Science can reveal that healthy body, eating correct food for our age and body and having fitness routines can help prevent diseases like hypertension, stress, high cholesterol, diabetes, and even simple respiratory tract diseases like cough, colds, asthma, sinusitis and allergies. Also, preventing the corona virus to enter our systems can be learned.

In the succeeding activities, you will experience cardiovascular exercise that will help you to strengthen the heart muscles and make the respiratory tract clear and free from particulates in the environment. Doing the breathing exercise and stretching the muscles in our body can reverse our tendency to experience diseases.

You do not need to go to the gym or drink expensive medicines to make your body healthy, just monitor your attitude towards a healthy lifestyle. "Having a healthy lifestyle making your body on style" - Vier Nama.

*When you take care of your body, your mind
and heart will be healthy.*

Keep well and good!- May Natividad

Learning Task 1: Read the instruction in doing the simple regular exercise at home. Choose any material available at home. Sign a pledge of commitment.

Equipment: any rubber shoes (sneakers), jump rope (available at home)

Benefits: Jumping rope helps develop better body awareness, hand-foot coordination, and agility.

Safety: Your jump rope should be adjusted for your height. Stand with both feet on the middle of the rope and extend the handles to your armpits. That's the height you're going for. If it's too long, cut or tie it to avoid tripping on the rope.

Duration and frequency: 15 to 25 minutes, 3 to 5 times per week

If you're a beginner:

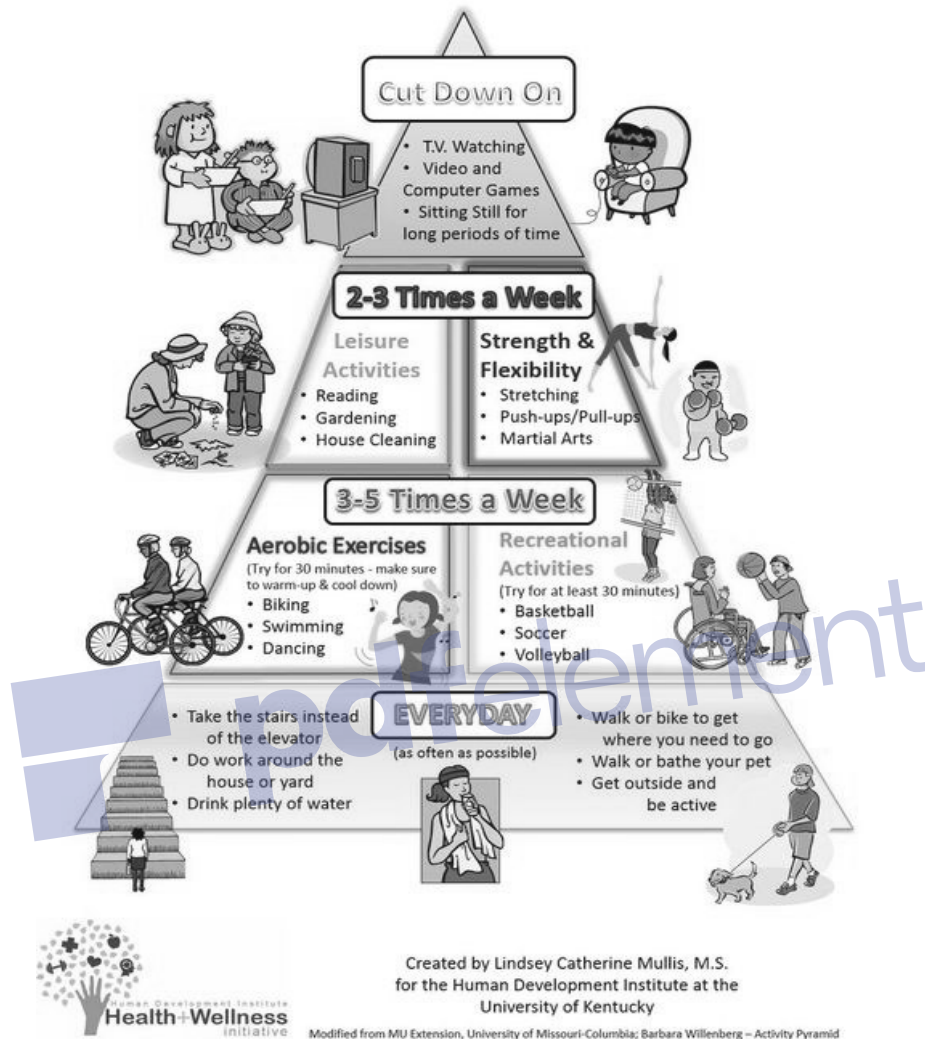
1. Start by jogging forward as you swing the jump rope over your head and under your feet. Do this move for 15 seconds.
2. Reverse your direction and jog backward as you continue to swing the jump rope.
3. Do step 2 for 15 seconds.
4. Finish your set by doing a hopscotch jump for 15 seconds.
5. To do this move, jump rope in place, and as you jump, alternate between jumping your feet out to the sides and then back to the center, similar to how you'd move them while doing jumping jacks.
6. Do step 5 for 15 seconds.
7. Rest for 15 seconds between sets.
8. Repeat 18 times.
1. If you're an intermediate exerciser, you can perform the moves for 30 seconds and rest for 30 seconds between sets.
2. The advanced circuit should be performed for 60 seconds at a time, followed by 60 seconds of rest
3. Sign the commitment form below.

I _____ pledge to do this physical activities for the month of _____ .

Name Over Printed Signature/Date:_____

D

Learning Task 2: Take a look at the chart and the figure . Prepare a monthly health pledge using these two. Write your answer in your notebook.



Weeks of the Month	Cut Down On	2-3 Times a Week	3-5 Times a Week	Everyday
1st Week				
2nd Week				
3rd Week				
4th Week				
5th Week				

I _____ pledge to do this physical activities for the month of _____ .

Name Over Printed Signature/Date: _____

E

Learning Task 3: Do this activity with your family members. A family that plays together stays together. One way of improving mental health is doing group games like this. Read the instruction in the table below and begin. Answer the guide questions in your notebook.

Play for a Healthy Lifestyle



Find your question by rolling your dice twice. The 1st roll determines the number on the top. The 2nd roll determines the number on the left. Talk for one/two minute(s) about that top. If you land on «Ask your classmate» you can ask any question according to the topic «Healthy Lifestyle» to anybody.

	1	2	3	4	5	6
1	Talk on what influences a person's health?	Ask your classmate!	What kinds of physical activities should we do to improve our health?	What do you prefer: fast food or homemade food and why?	Is it better to climb stairs instead of using a lift? Give your reasons.	What do we need to do to have good health?
2	Why do some people become addicted?	Doing something you love makes you happy and healthy. Is it true?	What kinds of food do you eat for dinner usually?	How to lose weight if it is necessary?	Ask your classmate!	If people eat junk food, they get overweight much easier. Do you agree and why?
3	Is it necessary to do gymnastics in the morning? Why?	Does your family follow healthy lifestyle and how?	Ask your classmate!	Name 5 steps to a healthy lifestyle.	How do you usually get to school?	Why do people who smoke look older than non-smokers?
4	What activities do you do after classes?	What health problems does fast food lead to?	It is important to drink water. Why?	Is smoking a healthy habit? Why?	What kind of addiction do you know?	Ask your classmate!
5	Ask your classmate!	What is the difference between physical and psychological addiction?	How can you prolong your life?	How long should a person sleep to feel well?	What kind of food should we eat to be healthy?	What happens to a person who doesn't sleep enough?
6	What ways of avoiding addiction do you	What would you like to change in your life to make yourself healthier?	How to make your sleep tight and healthy?	Ask your classmate!	Can a lack of sleep cause illness? What kind of?	How much time should we spend in front of TV or computer? Why?

ISLCollective

Guide Questions:

1. What have you realized on the questions being ask to you?
2. What are the things that you will stop doing?
3. What are the things that you need to continue?

Learning Task 4: In this activity make a menu for the week using the table below. Make sure that you have a good combination of balance, healthy but not expensive food. Remember that your family will benefit from this menu. Prepare a table showing the nutritional contents and benefits of the itemized menu of the day as shown in the sample table on the next page.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Break-fast							
Lunch							
Dinner							
Describe the menu of the day. Why did you choose them?							

A

Learning Task 5: This activity will find out the health status of your family. From the previous activity about maintaining a healthy lifestyle, Choose five (5) questions for you to analyze and identify the status of your family health. List down the answer of each of the family members. Write all their answers in your notebook.

Healthy Lifestyle Case Study at Home

1. What influences a person's family health?
2. What would you change in your life to make yourself healthier?
3. How will you make your sleep tight and healthy?
4. Is smoking a healthy habit? Why?
5. What kind of physical activities should we do to improve our health?
6. How often an answer was mentioned by a family member?
7. What answers are the least mentioned? What are the most mentioned?
8. What can you infer from the responses in each question?
9. Give the summary of your findings and conclusions.