The background of the entire page is a repeating pattern of light gray line-art icons. These icons represent various food items (like strawberries, burgers, fries, pizza, and smoothies), health symbols (like hearts and checkmarks), and shopping-related items (like shopping carts and grocery bags).

FUTURE WELL™ KIDS

MODULE 1 RESOURCE GUIDE FOR PARENTS

EXERCISE FOR HEALTH

MODULE SUMMARY

In this optional self-paced module, *Exercise for Health*, children ages 10–13 will learn about what happens to their bodies when they exercise, why exercising is good for them, and the risks associated with not exercising, including the development of noncommunicable diseases (NCDs), such as heart disease and type 2 diabetes. The module begins with your child considering the role that exercise plays in his/her current life and the importance placed on exercise in general. Your child will learn about the basic functions of our cardiovascular system and the critical role that exercise plays in maintaining cardiovascular health. Your child will also learn how exercise helps reduce the risk of certain noncommunicable diseases. At the end of this module, your child will understand:

- What an NCD is
- How physical activity plays a role in reducing the risk of developing an NCD
- The recommended activity guidelines for staying healthy

BACKGROUND

The World Health Organization recommends 60 minutes of daily “moderate-to-vigorous” activity to reduce the risk of developing NCDs. These 60 minutes do not need to be done all at once, but it helps to do at least 30 minutes of exercise in one sitting.¹ Moderate activity is anything that raises your heart rate and gets your blood circulating around your body. You should still be able to talk when doing moderate intensity exercise. It can help boost your mood, increase your energy levels, and lower your blood pressure. Vigorous activity raises your heart rate even higher, reaching a level that is most beneficial for your body. It will become more difficult to talk when exercising vigorously. All children need to do 2 types of exercise every week: **aerobic activities** like rollerblading or cycling, **muscle-strengthening activities** like push-ups and sit-ups, and **bone-strengthening activities** like running.²

The cardiovascular system pumps blood throughout the body and includes the heart and blood vessels.

A noncommunicable disease (NCD) is any disease that is not contagious and cannot be spread to others.

¹ Source: World Health Organization. *Physical activity and young people*. https://www.who.int/dietphysicalactivity/factsheet_young_people/en/

² <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>

MAKING THE MOST OF THE MODULE WITH YOUR CHILD

Your child can go through this module on his/her own in approximately 15–20 minutes. However, if you would like to make the most of the experience as a family, this section provides discussion starters for before, during, and after each module screen. There is a glossary of key terms at the end of the guide to help.

EXERCISE FOR HEALTH

MODULE OVERVIEW

Your child may already know that exercise is important to staying healthy, but what kinds of exercise are best? How often does he/she need to exercise, and for how long?

SETTING THE STAGE

Before your child starts the module, consider discussing one or more of these questions:

- What’s your favourite activity to do outside of school?
- How does exercise make you feel?
- Do you think it’s important to exercise? Why or why not?



SCREEN-BY-SCREEN PARENT TIPS

- **Prepare**
 - **Set-up:** The module begins with your child learning that regular exercise can help reduce the risk of developing certain noncommunicable diseases.
 - Consider asking your child if they have ever heard of noncommunicable diseases (if not, that’s okay. They’ll learn more in the module.)
 - **How Much Do You Exercise:** Your child is asked to think about his/her daily routine and how much time they are active each day.
 - Consider having your child highlight the times when he/she is most physically active.

- **Pre-test:** The pre-test consists of three questions. Your child will have one opportunity to answer each question correctly. Feedback is provided for both correct and incorrect answers.
- **Confidence Ranking:** Your child is asked to rank how strongly he/she agrees or disagrees with the following statement: "I know how important exercise is to staying healthy."

● **Learn**

- **Exercise and Your Body:** Your child will be introduced to the concept of noncommunicable diseases (NCDs). He/she will learn that the body is made up of a system of bones, muscles, and organs that work together, and that regular exercise can help keep these systems healthy.



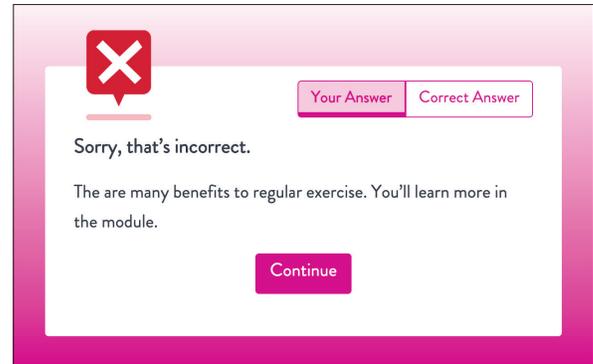
- You can review with your child the functions of different major organs or bones and muscles. For example, bones help people stand upright, muscles help us move, and the heart pumps blood.
- **Best Exercise for Me:** Your child will explore the differences between light, moderate, and vigorous exercise.
- **What Happens if You Don't Exercise?:** Your child will be introduced to three noncommunicable diseases: type 2 diabetes, high blood pressure, and heart disease.
 - Consider asking your child if he/she knows anything else about these diseases. Does anyone in your family live with one of these conditions?
- **Fitting Exercise into Your Daily Routine:** Your child is going to examine four students' daily routines.
 - Consider asking your child which routine he/she identifies with the most or is most similar to his/her own routine.
- **Finding a Routine:** Your child is challenged to recommend an exercise routine that fictional Rena can pursue.

● **Reflect 1**

- Your child will be asked to rank how strongly they agree or disagree with the following statement: "I know how important exercise is to staying healthy."
 - Did your child agree more with this statement after completing the module than they did before?

● Challenge

- There are five post-test questions for this module. Your child is encouraged to review the information in each section (if necessary) before beginning the post-test.
- Your child will be presented with a variety of question types, including multiple choice, classification, matching, and true/false questions.
- For each question, your child will have two opportunities to answer correctly. Full points are given for correct answers on the first try. Partial points are given if your child correctly answers a portion of a multi-part question or gives the correct answer on a second try.



● Reflect 2

- Your child is asked to rank how strongly they agree or disagree with the following statement: After completing this module, I am more likely to try to exercise for at least 60 minutes each day.
- Encourage your child to commit to exercising each day.

EXTENDING THE MODULE WITH YOUR FAMILY

Once your child completes the module, consider completing the following extension activity:

Using the form below, encourage your child to write what exercise activities they plan to do during the next week (as a challenge, see if they can include both moderate and vigorous activities, as well as all three of the exercise types they have learned about!). Encourage your child to find 60 minutes of exercise activities each day. After your child has written their plan, have him/her sign the plan to commit to following it. Then, you can initial each day that he/she completes his/her exercises.

_____ 'S EXERCISE PLAN

DAY	EXERCISE PLAN	PARENT SIGNATURE

I, _____, commit to working my hardest to complete 60 minutes of physical activity each day.

Child's Signature

KEY TERMS

Aerobic Activity

sustained physical activity that increases your heart rate and makes you breathe faster than normal and feel warmer³, such as swimming or cycling

Bone-strengthening Activity

activity that produces a forceful impact or tension on a person's bones, promoting bone growth and strength⁴, such as running or jumping

Heart Disease

usually associated with a build-up of fatty deposits in arteries, increased risk of blood clots, and damage to arteries in vital organs, such as the heart, brain, eyes, and kidneys. Heart Disease is one of the main causes of death and disability in the UK. A healthy lifestyle can help to prevent this disease⁵

High Blood Pressure

a condition in which the force of blood against the artery walls is high enough that it may cause problems like heart disease. Around a third of adults in the UK suffer from high blood pressure⁶

Moderate Activity

activity that raises the body's heart rate and gets blood circulating throughout the body at a rate that allows the person to continue talking without becoming short of breath—50–60% of the resting heartrate

Muscle-strengthening Activity

activity that requires a person to use his/her muscles to do more work than normal, such as climbing or lifting weights

Noncommunicable Disease

any disease that is not contagious and cannot be spread to others. It can be due to genetic or behavioural factors. Most cases are linked to modifiable unhealthy habits such as harmful use of tobacco & alcohol, a bad diet and a lack of exercise⁷

³ <https://www.nhs.uk/live-well/exercise>

⁴ <http://www.willington.durham.sch.uk/pupils/get-active-get-fit/bone-strengthening-activity>

⁵ <https://www.nhs.uk/conditions/cardiovascular-disease>

⁶ <https://www.nhs.uk/conditions/high-blood-pressure-hypertension>

⁷ <https://www.rsph.org.uk/uploads/assets/uploaded/18165127-73a3-4c7a-8eb01fd5b791e5b1.pdf>

Type 2 Diabetes

a disease in which the body cannot normally produce insulin and is often linked to being overweight or leading an inactive lifestyle⁸

Vigorous Activity

activity that raises a person's heart rate to a level that is most beneficial for the body. Results in rapid breathing and generally means that you can only speak in short phrases without becoming short of breath

⁸ <https://www.nhs.uk/conditions/type-2-diabetes>