



The New York City Health Literacy Campaign:
From Knowledge to Action.
Model Lessons

BE ACTIVE
ESL LEVELS 1 & 2

STUDENT'S EDITION



Developed by the Mayor's Office of Adult Education

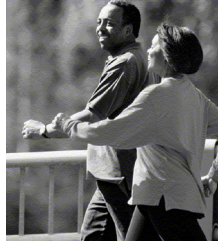
May 2008

NAME: _____ DATE: _____

ACTIVITY 1: BE ACTIVE – EXERCISE!



Dance



Walk



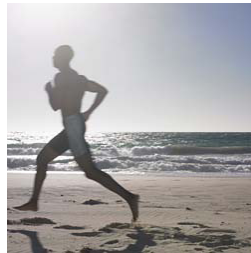
Jump rope



Swim



Play basketball



Run (Jog)



Lift weights



Skate



Play Soccer



Bicycle (Bike)



Play volleyball



Box

Interview your partner:

Question: Do you like to exercise?

Answer: Yes, I like to exercise.

Question: What is your favorite type of exercise?

Answer: I like to _____

NAME: _____ DATE: _____

ACTIVITY 1 (CONTINUED): BE ACTIVE – EXERCISE!

**How do these people stay active?
Use these words to describe each image.**

Walk

Dance

Jump rope

Play basketball

Lift weights

Run

Swim




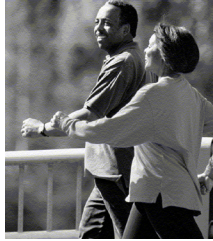






Skate

Ride a bicycle

Play volleyball

Play soccer

Box

	Singular		Plural
	1. She _____		6. They _____
	2. He _____		7. They _____
	3. He _____		8. They play _____
	4. He _____		9. They _____
	5. She _____		10. They _____

NAME: _____ DATE: _____

ACTIVITY 2: OTHER WAYS TO BE ACTIVE

There are other ways to be active other than what we think of as exercise. Below are some other easy and cheap ways to be active.



Get off the bus one stop early and walk.



Take the stairs.



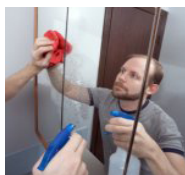



Play with your children.



Clean the house.

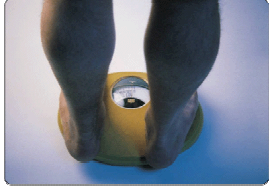






How do these people stay active?

	1. How does this woman stay active?
	2. How does this woman stay active?
	3. How does this man stay active?
	4. How does this man stay active?

NAME: _____ DATE: _____

ACTIVITY 4: WHY SHOULD I BE ACTIVE?¹

There are many good reasons to be more active. Some are listed below.

<p>1. Control your weight.</p> <p>Be active at least 30 minutes every day to control your weight. Exercise 60 minutes every day to lose weight.</p>	
<p>2. Have more energy.</p> 	<p>3. Feel less depressed.</p> 
<p>4. Sleep better.</p> 	<p>5. Build strong muscles.</p> 
<p>6. Have a healthy heart.</p> 	<p>7. Have quick and sharp thoughts.</p> 

¹Adapted from WebMD at www.webmd.com/fitness-exercise/tc/Fitness-Why-should-I-exercise and "Shape Up America" at www.shapeup.org/fitness/info/benefit.php

NAME: _____ DATE: _____

ACTIVITY 4 (CONTINUED): WHY SHOULD I BE ACTIVE?

Vocabulary:








Sleep better
Less depressed

Strong muscles
Energy

Healthy heart
Control your weight

Quick and sharp

Why should I be more active?

1. 	2. 
3. 	4. 
5. 	6. 
7. 	8. Can you think of anything else?

Role Play:

Question: Why should I be more active?

Answer: _____

Question: What can I do to be more active?

Answer: _____

NAME: _____ DATE: _____

ACTIVITY 5: BE ACTIVE - STEP TO IT²

To do this activity you must know the meaning of these verbs:

Push	Attach	Walk	Write	Guess
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How many steps do you take in one day?

Use a pedometer to find the answers.

A pedometer counts every step you make.

Use your pedometer:



1. **Push** the reset button.
 2. **Attach** your pedometer to your waistband or belt.
 3. **Walk** 20 steps. Look at your pedometer.
 4. **Push** the reset button.
 5. **Guess** how many steps you will take to walk around the block. **Write** your guess.
- I guess that I will take _____ steps.**
6. Walk with your class.
 7. How many steps did you take during the walk with your class? **Write** the answer.

I took _____ steps during our walk.

NAME: _____ DATE: _____

ACTIVITY 5 (CONTINUED): BE ACTIVE - STEP TO IT

We should try to take **10,000** (ten thousand) **steps** every day.

What can we do to try to take **10,000 steps** today?

5 Cheap and Easy Ways to Take More Steps
Example: We can walk to school.
1.
2.
3.
4.
5.

How many steps will you take between now and your next class?

Let's find out.

For homework you will wear your pedometer until the next class.

Guess how many steps you take between now and your next class.

I **guess** that I will take _____ **steps**.

Homework: How many steps did you take in 24 hours?

I **took** _____ **steps**.



What is Shape Up? Shape Up New York™ is a **FREE** fitness program for you and your family. Fitness classes include aerobics, stretching, walking and weight lifting.

Who is Shape Up for? Fitness classes are open to everyone!

Where is Shape Up? Fitness classes take place in parks, community centers and housing sites around New York City. Call **311** to find a class near you!

When is Shape Up? You can begin a class at any time of the year and come as often as you want!

Why should I join Shape Up? Exercise and physical activity is important for a healthy lifestyle. Here is what other New York City residents have to say about the *Shape Up* program:



“My doctor told me to lose weight. I lost 10 pounds!”
- 43-year old woman, Bushwick, Brooklyn



“Shape Up Brooklyn helps me feel less stressed. I bring my family and friends with me to class!”
- 35-year old woman, Harlem, New York

“I started the program 2 months ago, and now I have lots of energy and my blood pressure is perfect!”
- 65-year old man, Brownsville, Brooklyn

Shape Up is sponsored by the City's Health and Parks & Recreation Departments.

Visit <http://www.nyc.gov/html/doh/html/cdp/shapeupny.shtml#site> to find the class schedule at a Shape Up New York Sites near you. You may also call 311 for more information.

NAME: _____ DATE: _____

ACTIVITY 7: HOW MANY STEPS

Question: Hello. What is your name?	Question: How many steps did you take?
Answer: My name is _____	Answer: I took _____ steps in one day.
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	








Who took the most steps? How did she or he do it?

NAME: _____ DATE: _____

ACTIVITY 8: REVIEW

Why should I be active?

Match column A with column B. Write your answers below.

A	B
1. 	a. Sleep better.
2. 	b. Build strong muscles.
3. 	c. Have quick and sharp thoughts.
4. 	d. Have more energy.
5. 	e. Feel less depressed.
6. 	f. Control or lose weight.
7. 	Have a healthy heart.

1. e 2. 3. 4. 5. 6. 7.

NAME: _____ DATE: _____

ACTIVITY 8 (CONTINUED): REVIEW

What are some easy and cheap ways to be active?

Match column A with column B. Write your answers below.

A	B
1. 	a. Take the stairs.
2. 	b. Exercise when you watch television.
3. 	c. Clean the house.
4. 	d. Take a Shape Up class.
5. 	e. Play with your children.
6. 	f. Play basketball.

1. c 2. 3. 4. 5. 6.

NAME: _____ DATE: _____

SET GOALS FOR YOUR HEALTH: YOU CAN BE MORE ACTIVE!

Here are some easy ways to be more active. Choose some goals from this list. Remember, small changes in your life can make big changes in your health!

- I will take the stairs.
- I will take a walk every day.
- I will dance for _____ minutes every day.
- I will be active while I watch television.
- I will play active games with my kids.
- I will walk my children home from school.
- I will get off the train or bus early and walk.
- I will bicycle to work or school.
- I will use a pedometer.
- I will take free *Shape Up* classes at my local recreation center.
- I will join a city recreation center.
- I will take _____ steps every day.