

## FITNESS HOMEWORK – WHY?

So why are we going to have fitness homework this year? Here are a few reasons:

- 90 min. of physical activity every other day is not enough for a teenager
- To learn how to train to reach our fitness goals
- To reinforce concepts learned in class

### ***Did you know????***

Flexibility is known as the range of motion at a given joint. For example, you should be able to reach your toes with both legs straight. Having good flexibility allows you to increase your physical performance, allowing the joint the ability to move further with less energy.

**What are the benefits of increased flexibility?** It increases blood supply and nutrients to joint structures, which in turn increases circulation, leading to greater elasticity of surrounding tissues.

**If you carry out stretches regularly** then muscle soreness will gradually be reduced. Stretching is extremely effective in reducing delayed muscular soreness “after” exercise and helps your body recuperate from stress.

Flexibility benefits include:

- reduces the risk of injury
- decreases aches and pains
- easier body movement
- improves balance

***Tip.. All stretches should not be forced.***

*Flexibility is achieved over a period of time*

A healthy lifestyle must be reinforced at home as well as at school. That is why it is so important to start positive exercise habits at a young age and that is the main reason we have fitness homework here at Mattawoman. Most fitness homework assignments will be brief but they **will be collected and graded every time**. All fitness homework must be signed by a parent. Hopefully these fitness home works will be motivating for the entire family and will help every student.

**Assignment – Physical – 30 min. Flexibility workout of your choice.** Flexibility workout did you do? \_\_\_\_\_

**Parent Signature(Required):** \_\_\_\_\_

**I participated with my child: Yes \_\_\_\_\_ (.5 extra credit) No \_\_\_\_\_**

### **Assignment – Written**

1. Which fitness fact from above stood out to you? And why?

2. Why is important to have proper flexibility in your body?

3. Which everyday activities/chores do you perform that may require an increased level of flexibility?