



Corbin & Associates, Inc.
Lesson Plan of the Month
(February 2004)

Topic: Health and Exercise
Target Group: High School
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Objectives:

The student will learn the importance of maintaining a healthy lifestyle which includes good nutrition and exercising. The student will learn about the different food groups and how they play an important role in their daily caloric intake. The student will also learn about the different ways to exercise.

Introduction:

Carole Snyder, 17 years with the Chula Vista Police Department, 1 year with the San Diego Sheriff's Department. Currently working as an agent in the School Resource Unit where I have been for the last two years. I have also been an Explorer Advisor for the past 14 years and have been the Physical Fitness Coordinator at the Explorer Academies. I have worked the following assignments at CVPD:

- o Patrol
- o TAC Officer at the Regional Academy
- o Property Crimes Investigations
- o Family Protection/Sex Crimes Investigations
- o Special Events
- o Hit and Run Investigations

Body:

Major causes for death in the U.S. today for male and female is coronary heart disease. Most can be attributed to poor nutrition and lack of exercise.

- I. Nutrition – Food Groups that make up our daily caloric intake.
 - A. Carbohydrates – A major source of energy in the body.

- a. Simple sugars (sodas, cake, candy, cookies – Foods with little nutritional value – intake should be limited)
- b. Complex carbohydrates (rice, potatoes, pasta, beans, etc. – high nutritional value – intake should provide 30-40% of your total daily diet)
- B. Proteins – Necessary for almost every function in the body and improve muscular development. (chicken, meats, fish, nuts, etc – intake should provide 30-40% of your total daily diet)
- C. Fats – Necessary to provide protection for major organs, thermal and metabolic regulation. (intake should provide 10-20% of your daily diet)
- D. Fruits/Vegetables
- E. Vitamins/Minerals
- F. Water – At least 8-12 cups a day. Approximately 60% of the body is made up of water – necessary to maintain good bodily functions.

II. Exercise – Make sure you have a medical exam before starting any type of exercise program.

Types of Exercise:

- A. Running/Jogging
- B. Walking
- C. Bicycling
- D. Swimming
- E. Weight Lifting
- F. Roller Blading
- G. Team Sports (soccer, football, basketball, etc.)
 - Exercise at least 3-4 times a week including a minimum of 20 minutes of aerobic activity.
 - Eat well balanced meals, six small meals a day instead of three large meals.
 - Don't skip meals...this affects your metabolism... it will actually lower it if you meals.
 - Try to stay away from sodas... one 12 oz. can of soda contains 10 tablespoons of sugar.
 - Treat yourself sometimes (cheat foods), but don't over do it.

SEVEN LIFESTYLE FACTORS FOR HEALTHY LIVING

1. Regular Activity
2. No Smoking
3. Moderate or No Use of Alcohol
4. Eating Breakfast Regularly
5. Minimum Junk Food Intake
6. Maintenance of Normal Weight
7. Sleeping 7-8 Hours a Day

“GOOD NUTRITION AND EXERCISE ARE PREVENTATIVE MEDICINE AND SHOULD BECOME A WAY OF LIFE FOR YOU!”

Review:

Practice:

Sources:

- Institute for Aerobics Research, Dallas TX
- Muscle & Fitness Magazine
- Personal Experience

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