



# Black Belt EXCELLENCE

## Fitness

The overall health of young students in the United States is declining. Currently 25% of 6-19 year old children and teens are overweight (3x the 1980 statistics) primarily because they do not get enough exercise. The average U.S. child gets less than 15 minutes of vigorous exercise a day. On average, children spend 24 hours per week watching TV; that is not counting the time they spend on video/computer games. This inactivity is linked to 17 chronic diseases. Forty percent of children 5 to 8 years old show at least one sign of heart disease risk. Inactive children, when compared with active children, weigh more and have higher blood pressure. Studies have indicated a direct correlation between hours of TV watched and a child's body fat. Today's children have a serious case of what is being diagnosed as chronic couch potatoeoidus. This dreaded disease is turning our children into round mounds of starch eating monsters. Combining proper exercise with a healthy diet is the key to a healthy lifestyle and fighting off couch potatoeoidus.



This month my son/daughter has demonstrated both at home and at school those qualities of Black Belt Excellence required for students seeking to earn belt advancement.

**Student Name:** \_\_\_\_\_

**Student Rank:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_

**DUE BY: JUNE 15<sup>TH</sup>**

### 5 Requirements of the BBE Stripe

- Responsible behavior at home
- Responsible behavior and passing grades at school
- Overall performance and attendance at the dojo
- Participation in BBE Mat Chats in class
- Returning the BBE monthly activity

## Circle if the following statements about Fitness is True or False?

Studies have indicated a direct correlation between hours of TV watched and a child's body fat. True or False

Kids that have fit parents will be fit kids. True or False

It is not as important which activity you use for exercise, it is that you get enough of the proper types of exercise. True or False

Currently 25% of 6-19 year old children & teens are overweight. True or False

A person can eat whatever they want as long as they exercise. True or False

Bodies develop stronger muscles as the result of anaerobic exercise. True or False

To improve health and burn fat, people should exercise 20 to 30 minutes once a week. True or False

## Aerobic or Anaerobic

From the Pictures below circle which is an Aerobic or Anaerobic exercise?

Remember:

**Aerobic exercise** burns fat. Aerobic exercise involves increased breathing and elevated heart rate over an extended period of time.

**Anaerobic exercise** involves short bursts of exertion followed by periods of rest. Bodies develop stronger muscles as the result of anaerobic exercise.



Aerobic or Anaerobic



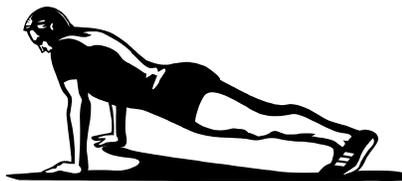
Aerobic or Anaerobic



Aerobic or Anaerobic



Aerobic or Anaerobic



Aerobic or Anaerobic



Aerobic or Anaerobic

## Fitness Teen and Adult Assignment

Teens and adults spend more time than ever sitting at screens for school/work/recreation. List 5 things you can do to get up and moving for 5 to 10 minutes (or longer!) 2 or 3 times during your day:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

We all need motivation to get our bodies moving – name 5 benefits you will achieve when you make exercise a priority and follow through?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Your martial arts classes give you both aerobic and anaerobic exercise as well as stretching – making them a perfect way to achieve your fitness goals. Using your practice time at home as a workout will not only help in this, but will also help you get so much better at your moves!