



## 1. WHAT IS THE WARMING-UP?

A warm up is a series of exercises you do before physical activity. Warm up must prepare the muscles for the activity.

There are very different warm ups, (high intensity, low intensity, for basketball, for tennis...).

**Warming up is specific to the sport or activity you practice.**

### 1.1 Benefits of the warming up:

If you do a good warm up, you can get:

**Protection against injuries**  
**Better performance**

And also:

-You increase your body temperature.

-Your joints move more efficiently

-Oxygen in blood travels faster.

-Muscles move faster and with more strength

-Your muscles extend more and are more elastic



### 1.2. Parts of a warming-up:

1. Movements of your joints.

This is the first part, and it must have a low intensity. We move our arms in circles forwards and backwards, we draw circles with our hips...

2. A small run.

This is to warm up your heart and lungs, and also the muscles.

3. Exercises similar to the sport you are going to play and or a game.

In this part, you warm up the muscles you use in the sport or activity.

This part must be progressive in intensity. It must start slow and increase the intensity.

It must end at an intensity similar to the sport you are going to practice.

4. Stretching of the main muscles.

This makes the muscles more flexible, prevents injuries and also helps the muscles to develop more power.



## **2. PHYSICAL CAPACITIES**

Our body works like a machine and can adapt itself to many different situations. To keep our body fit, we have to practice physical activities or sports often, so we can strengthen our muscles, build up our endurance and become more flexible. This way develop all our physical capacities.

- **Endurance:** It is the capacity that allows us to maintain an effort for a relatively long time.
  - What can you do to increase your endurance? You can do any of the following exercises: canoeing, bicycling, skating, swimming, running, etc....
- **Strength:** It is the ability to exert a force against a resistance made by a muscle or a group of muscles, it allows us to move or raise heavy things.
  - What can you do to increase your strength? You can do exercises and games of pulling and pushing, transporting objects, climbing, throwing games, exercises with your weight such us push ups...
- **Flexibility:** It is the ability to achieve an extended range of motion without damage, thanks to joint mobility and elasticity of the tissues.
  - What can you do to increase your flexibility? By regular stretching and getting the joints used to moving as far as possible.
- **Speed:** It is the capacity of doing a movement or running a distance as fast as possible.
  - What can you do to increase your speed? Some exercises you can do are: dashes among cones, relays, chasing and tag games, running up and down hills...

## **3. THE HEART RATE.**

What is the objective of taking **the HEART RATE**?

To control the effort.

How ?

Put your **index and middle finger** on the **carotid artery and radial artery**....You have to count the number of beats in a minute

If you have 70/90 pp/m you are you are at rest.

If you have 120/ 140 per minute you are working aerobic endurance.

If you have more than 160 you are working anaerobic endurance

## **4. SEDENTARY LIFESTYLE.**

The opposite of "be fit" is a **sedentary lifestyle**. It is a type of **lifestyle** with little or no physical activity. A person living a **sedentary lifestyle** is often sitting or watching television, playing video games, or using a mobile phone/computer for much of the day. As well it is dangerous to your health.

## **5. BALANCE DIET**

**Good nutrition** is an **important** part of leading a **healthy** lifestyle. Combined with physical activity, your **diet** can help you to reach and maintain a **healthy** weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

**What is a balanced diet?**

A balanced diet is one that gives your body the nutrients it needs to function correctly. To get the proper nutrition from your diet, you should consume the majority of your daily calories in:



**Carbohydrates:** provide us with energy. Pasta, rice, bread, sugar, honey .

**Proteins:** Nutrients that facilitate the growth and repair of the tissues of the human body.

**Fats :** They provide energy that if not consumed, is stored in the body. It is found in foods of vegetable origin such as oils and in foods of animal origin, such as lard and bacon. They are found in food of animal origin such as meat, eggs, fish and milk and dairy products.

**Vitamins and minerals:** They serve so that the vital functions are carried out correctly (relationship, nutrition and reproduction). They are found, mostly, in fresh fruits and vegetables.

### **Why a balanced diet is important?**

A balanced diet is important because your organs and tissues need suitable nutrition to work effectively. Without good nutrition, you can suffer disease, infection, fatigue, and poor performance. Children with a poor diet run the risk of growth and developmental problems and poor academic performance, and bad eating habits can persist for the rest of their lives.