

SEDENTARY LIFE!

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AIM OF THE LESSON:

“Students to be selfaware of the problems related to sedentary life and the methods to fight it”.

TABLE 1: QUESTIONNAIRE

1) What is your favourite pastime?	
2) What is your favourite sporting activity?	
3) What are the sport activities practiced by your family and friends? (mother, father, brothers, sisters, girlfriends, boyfriends ...)	

A discussion follows.

2) INTRODUCING THE ISSUE OF SEDENTARY LIFE

3) INTRODUCING THE ISSUE OF ACTIVE LIFE

4) ADVICE

- Run slowly for 5 minutes (baseline).
- If you can't run for the full 5 minutes, you can walk for the next 2 or 3 minutes.
- In the following sessions you can increase your running time and decrease your walking time until you can run all 5 minutes.
- If you think you can run for a longer distance, do so but begin with a 10 minutes run.
- Now all together we can exercise in order for our bodies to become fit and flexible.
- We propose some extra exercises in order to increase your muscle power.
- We finish our lesson by doing some aerobic runs.