

Texas 4-H Roundup Healthy Lifestyles Invitational Reasons Worksheet



Class: Physical Activity

Description of Class/Product Options		Official Class Placing
<p>Now that school is out, Sydney wants to remain healthy throughout the summer before she returns to Junior High in the fall. Which of the workouts below would be most ideal for her?</p> <p>Option 1: Engage in activities such as push-ups and lifting weights for 60 minutes, 7 days a week Option 2: Participate in martial arts activities for 30 minutes, 5 days a week Option 3: Perform jumping exercises at least three days a week and weight lifting exercises at least three days a week, for 60 minutes/day Option 4: Implement jumping activities and yoga into her workout for 45 minutes, 6 days a week.</p>		<p>3 – 1 – 4 – 2 4 – 2 – 4</p>
Top Pair		Admissions/Grants
<div>3 1</div> <p>The class winner, option 3, would definitely be the most successful workout plan for an adolescent. It is recommended that youth receive at least 60 minutes of physical activity for at least six days a week. The ideal exercises are muscle-strengthening and bone-strengthening exercises. Option 3 includes jumping, a bone-strengthening exercise, and weight lifting, a muscle-strengthening exercise, for the recommended 60 minutes. As a result it should be significantly beneficial.</p>		<p>Although option 1 is a workout for 60 minutes and includes two muscle-strengthening exercises, it doesn't include the necessary bone-strengthening exercises.</p>
Middle Pair		Admissions/Grants
<div>1 4</div> <p>In a close middle pair, option 1 was sorted over option 4. Option 1 includes push-ups and lifting weights which are both considered muscle-strengthening exercises. Additionally, the workout is for duration of 60 minutes, the recommended time.</p>		<p>Option 4 includes a bone-strengthening exercise and a balance activity. Despite this, the workout does not include a muscle-strengthening exercise which is important for growing adolescents and is only for 45 minutes. Because of this, it was limited to third in the class.</p>
Bottom Pair		Admissions/Grants
<div>4 2</div> <p>In the final decision, option 4 would provide Sydney with the most effective workout. Jumping activities will improve bone strength which is essential for adolescents. The workout time of 45 minutes is longer than that of option 3 and closer to the recommended time of 60 minutes.</p>		<p>Option 1 failed to include a bone or muscle-strengthening exercise. Martial arts only would not have a sufficient impact on Sydney. Also, the 30 minute workout duration is only half of what is recommended, limiting option 1 to last in the class.</p>

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