Chapter 1, Section 3

Developing a Positive Fitness Attitude

Foundations of Personal Fitness

What you will do:

* Investigate positive and negative  toward personal fitness.
* Evaluate the role of peer  in the decisions you make.
* Evaluate consumer issues, including marketing claims in the media, in your attitude toward fitness.
* Identify the  of adhering to a commitment to personal fitness.

Terms to know:

* attitude
* peers
* media
* commitment
* adherence
* self-concept

**Developing a Positive Fitness Attitude**

* **Government statistics reveal that about one-third of all American teens are sedentary and overweight.**

**Your Attitudes**

* **Your attitude plays a major role in the decision to a personally fit lifestyle.**
* **This is especially true during adolescence**
* **Your mindset or outlook toward a given topic or subject.**
* **Common attitudes towards fitness are:**
  + **Exercise is boring**
  + **I’ll watch what I eat when I become an adult**
  + **I’m too busy for sports right now**
  + **I don’t have time for breakfast in the morning**
  + **Exercise doesn’t work**
  + **Sleep is for babies**
  + **I don’t want to hurt myself**
  + **Physical activity is strictly for athletes**
  + **I’m too tired for exercise; I’ll start tomorrow**
  + **I only need 4 hours of sleep to function**
  + **There has to be an easier way to get in shape!**

**Other factors that shape your attitudes are:**

* **Media**
* **Peers**
* **People the same age who share a common range of interests and beliefs.**
* **The collective forms of mass communication found within society at any given time**

**A Commitment to Change**

* + **By making a commitment to fitness, you are making a to develop and maintain positive fitness behaviors.**
  + **Adherence to a fitness program will ensure success.**
    - * + **A pledge or promise.**
        + **The ability to stick to a plan of action.**

**Benefits of Personal Fitness**

* + **Healthy, fit people have feelings of high .**
  + **They also have a more positive self-concept.**
    - * **The view you have of yourself**
  + **One of the benefits of personal fitness is stress .**
  + **Regular physical activity or exercise lowers blood pressure and can reduce hormone levels that cause stress.**
  + **Regular physical activity leads to improvements in academic and physical performance.**
    - **It enhances spans.**
    - **It raises levels.**
    - **It results in fewer missed days of school.**
  + **Regular physical activity leads to an in life expectancy.** 
    - **The physically inactive person has a shorter life expectancy than the physically active person.**
    - **The physically active person has improved blood cholesterol and triglyceride levels.**
  + **A healthful lifestyle will lead to higher levels of functional health and fitness.**
  + **If your functional-fitness status drops below minimal levels, you can lose your physical independence in daily living.**
  + **By staying , eating healthfully, and practicing positive lifestyle habits, you increase your chance of remaining fit throughout your life.**