



S.T.A.R.S.

Students Taking A Responsible Stand

“Fitness”

The overall health of young students in the United States is declining. Currently, 25% of 6-19 year old children & 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 17hrs/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.

To improve health and burn fat, people should exercise 20 to 30 minutes, three to five times a week. So those of you that attend your martial arts class three times per week are doing great. Just make sure that if you can only make it twice per week, then try to get in another day of exercise from practicing your martial arts at home or using another activity. Remember, to burn fat we need aerobic exercise – this means faster heart rate, increased breathing, and muscles working. So when you come to your martial arts classes, move fast and train hard. Not only will you become healthier, but you will be a better martial artist.

Requirements for S.T.A.R.S & Stripe Test

- Responsible behavior at home.
- Responsible behavior at School.
- Return S.T.A.R.S. during Stripe Testing.



Student's Name: _____

Date STARS Completed: _____

Parent's Signature: _____

Please talk to my Child about: _____

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This Month's Stripe Color is Green, Which reminds us of the Green of a new Plant. If a person's foundation is good, like the plant, he/she will grow strong too. Green reminds us of Accuracy - getting the foundation right!

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

- 1) Studies have indicated a direct correlation between hours of TV watched and a child's body fat. True or False
- 2) It is easier for kids that have fit parents will be fit kids. True or False
- 3) 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
- 4) Currently 25% of 6-19 year old children & teens are overweight. True or False
- 5) A person can eat whatever they want as long as they exercise. True or False
- 6) Bodies develop stronger muscles as the result of anaerobic exercise. True or False
- 7) 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

1T 2T 3T 4T 5F - Fat Content and Exercise are Related - more of one, more of the other 6F - 20 to 30 min 3 times a week