

HISTORY OF EXERCISE & TODAY'S CRISIS

REWIND! ...List ONE benefit exercise can give you in each of the categories below:

PHYSICAL –

MENTAL –

EMOTIONAL --

HISTORY OF EXERCISE

1. For _____ % of human history, humans were hunter/gatherers, and they spent most of their day _____.
2. Even after humans learned to plant seeds for food, they still got exercise by _____, _____, and _____.
3. Humans were “farmers” for about _____ % of human history.
4. One of the first fitness programs was developed in _____ and is called _____.
5. Around 1,000 BC, name a few ways that civilization changed that made life easier and allowed people to not have to work so hard or get as much exercise:

TODAY'S CRISIS

6. What are a few modern day inventions that have led to less exercise overall?

7. Compared to our ancestors that exercised for hours a day, now, we exercise only about _____ minutes a day.

8. Since 1980, obesity has more than _____ in the United States.

VOCAB

CRISIS:

EPIDEMIC:

WALK A MILE IN THEIR SHOES

Working in a small group, choose to be one of the following:

Hunter/gatherer from 250,000 BC

A tradesman or farmer living in a small civilization from 1,000 BC

A business professional with a desk job or a student in 2013.

Describe, **in detail**, a typical day for you from sun up to sun down. How much and what type of exercise was included in a normal day for you? Was it a tiring or an easy day? What type of inventions or technology, if any, did you benefit from?