

Chapter 20 Health and Fitness

Section 20.1 Physical Activity



Social Studies World Health Organization

NCSS IX D Global Connections Analyze the causes, consequences, and possible solutions to global issues such as health.

Directions Read the information about the World Health Organization (WHO). Answer the questions about the benefits of increasing physical activity levels.

World Health Organization

According to the World Health Organization (WHO), physical inactivity (lack of regular physical exercise) is responsible for 1.9 million deaths all over the world. It is a risk factor for chronic diseases like heart disease, diabetes, and some forms of cancer. The WHO has formed a plan to increase levels of physical activity globally, reduce the risk of chronic disease, and improve overall well-being.

1. Physical activity burns calories and fat from all parts of the body, so a variety of physical activities can affect your overall appearance. How can you use this statement to encourage a friend who is feeling down?

2. How can you be a role model to encourage and inspire friends or family members who are not as physically active as they should be?

3. List at least 5 benefits of physical fitness.

4. Carla lives in a small town and she does not have easy access to organized sports, exercise classes, or recreation centers. She is an active cheerleader during the school year, but she wants to stay active while school is out. What can Carla do to keep active during the summer?
