NEWS BREAK

Article: 8 ways to get more exercise when you have kids
Section: Explore, F2

Sunday’s News Break selects an article from Sunday, January 12, 2020 of The Seattle Times print replica for an in-depth reading of the news. Read the selected article and answer the attached study questions.

You are encouraged to modify this lesson to fit the needs of your students. For example, some classrooms may be able to use this as a worksheet and others might need to ask and answer the questions in a small group or larger, class discussion.

*Please be sure to preview all NIE content before using it in your classroom to ensure it is appropriate for all of your students.

Standards:

CCSS.ELA-Literacy.RI.4.1

• Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.

CCSS.ELA-Literacy.RI.4.2

• Determine the main idea of a text and explain how it is supported by key details; summarize the text.

Objectives:

Students will discuss whether they have a passion for fitness. They’ll talk about why some people might be intimidated in a gym setting. They will discuss whether they have a culture of family fitness in their homes, and whether their parents exercise daily. They will examine the important for parents to move with their kids and set an example of health and fitness. Students will review a 2017 study and look at the results of wearing fitness trackers, such as a Fitbit. Students will debate why seeing up-to-date stats and progress motivates people to work harder and challenge themselves more.
Pre-Reading Discussion:

What do you think the article will be about?
Are there clues in the picture?
What can you infer?

Vocabulary Building:

Read this sentence, what do you think the highlighted words mean using *context clues*? A *context clue* is a word or words that are hints and refers to the sources of information outside of words that readers may use to predict the identities and meanings of unknown words.

“The *elaborate* setup is a testament to the priority fitness takes in their family.”

Write your guess and then look up the definition and write it below your guess. How close did you come to the correct definition?

*Elaborate Guess:*

*Elaborate Definition:*

Comprehension Questions:

1. The *elaborate* setup is a testament to the priority __________ takes in their family.

2. Their enthusiasm for CrossFit made an impression on their children: Jylian, now 16, and Weston, now 13, saw the __________ and __________ their parents were putting into working out — and the __________ results — and wanted to join.

3. Experts say it’s important that kids get in the habit of ________________.
4. Research indicates that parents’ activity level and encouragement play vital roles in determining what?

5. Is having a home gym or paying for a gym membership required to be active and healthy?

6. **Just get moving.** “It is so hard to get started — especially when you have kids,” Dawn Reese says. Something as simple as getting off the couch and going outside together as a family is a great way to get the ball rolling, says Andrew Shniderman, personal trainer and owner of Fit First Academy in Washington, D.C. “Go for a _____ minute walk together,” he says. “Spend some time doing something where you are moving.”

7. **Be enthusiastic — and sincere — about exercise.** If you don’t enjoy weightlifting, don’t expect your clan to suddenly be thrilled about pumping iron. “Kids can sense when you’re faking it,” Shniderman warns. “Find something that you yourself want to do.” If you bring true __________ to an activity, the whole family will pick up on that. Shniderman says, try to keep your entire workout engaging and high energy, whether it lasts 15 minutes or an hour.

8. **Make a plan and stick with it.** Every Sunday, Dawn Reese gathers her family and maps out their schedule for their week. “We plan when we’re going to work out, who’s picking up kids here, who’s dropping them off there, what time their sports end, who’s starting meals,” she says. “______________ is everything.”

9. ________________ and ________________ are important, too. “Don’t use anything that pops up in your day as an excuse to not work out,” she says. Finding a routine that works for your family may not be easy, she says, “but once you find what works, you’ll keep going.”

10. **Consider an app or a fitness tracker.** Recent research shows that families that use fitness trackers that incorporate elements such as points or levels — otherwise known as “______________” — are more likely to achieve their fitness goals than those who do not.

11. **Find a family-friendly gym.** “It doesn’t matter what you choose to do,” Hedrick said in an email. “It is important for children to see their parents ________________ or ________________ with them.” Shop around to find the right gym, Dawn advises, and visit at the times you’ll be working out so you get a good sense of the atmosphere.

12. **Try an event that isn’t timed.** Signing up for an untimed family event such as a fun run or a bike tour can help take the pressure off performance and keep the focus on a ________________ activity.
13. The event morphed into a “fitness festival” atmosphere when participants started bringing their families, he says. While parents and kids don’t compete together, siblings can. Tough Mudder’s ethos is a good thing for families to keep in mind: “It’s not about time or places and being first,” McLaughlin says. What is important?

14. **Don’t push your kids too hard.** When your kids give you “the look,” it’s time to switch it up, Shniderman says. “A child is not like an adult. Adults know their limits and they need somebody to break their limits,” he says. “Kids are completely different.” Keep it from becoming a ______________ experience.

15. **Get creative with your workouts.** A little bit of imagination can go a long way. Shniderman points to a bear crawl as an example. How does he make this exercise more creative?

**Discussion Questions (small/large groups), Journal Prompts or Essay Questions:**

- Do you have a passion for fitness? Why or why not?
- Why do you think some people are intimidated in a gym setting?
- Do you exercise daily? What are your favorite things to do?
- Do you exercise with your family?
- Do your parents exercise?
- Do you have a culture of family fitness in your home?

*The family now works out together in their garage, and the kids visit the CrossFit gym with their parents when they aren’t busy with school and sports. The family also does mud runs and obstacle courses together. “It’s important that we’re out there, doing these things together, as a family,” Dawn Reese says.*

- Why is it important for parents to move with their kids?

*In a 2017 study, researchers at the University of Pennsylvania and Boston University followed adults from 94 families who engaged in a game to track their steps for 12 weeks, with a 12-week follow-up. The study’s big takeaway: Adding a social game component to their exercise technology “significantly increased physical activity among families.” You can also see the stats on your progress, which helps you celebrate those achievements.*
• Do you and your parents have fitness trackers, Fitbits or something similar that tracks your steps and physical movement throughout the day?
• Why do you think seeing stats and progress motivates people?

*Keeping exercise fun and fresh, whether it’s with new games, different workout moves or changing goals, will go a long way toward establishing a family that works out together — and enjoys it.*

• Do you agree or disagree with the above statement?
• What keeps you motivated when you’re exercising or working out?
• Do you like to do the same routines and exercises or try different things?

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