

**GLENCOE**  
**FOUNDATIONS OF  
PERSONAL FITNESS**

**CHAPTER 1**  
**Physical Activity and Personal Fitness**

**Lesson 3**  
**Developing a Positive Fitness Attitude**



### What You Will Do

Investigate positive and negative attitudes toward personal fitness.

Evaluate the role of peer influence in the decisions you make.

Evaluate consumer issues, including marketing claims in the media, in your attitude toward fitness.

Identify the benefits 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 maintain a personally fit lifestyle.

This is especially true during adolescence.



### Term to Know

#### Attitude

Your mindset or outlook toward a given topic or subject.

### Your Attitudes

#### Common Attitudes Toward Fitness

Exercise is boring.

I'll start watching what I eat when I get to be 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 to 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!



### Your Attitudes

Other factors that shape your attitudes are:

The influence of your **peers**  
The **media**



### Terms to Know

#### Peers

People the same age who share a common range of interests and beliefs.

#### Media


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 promise to develop and maintain positive fitness behaviors.

**Adherence** to a fitness program will ensure success.



### Terms to Know

#### **Commitment**

A pledge or promise.

#### **Adherence**


The ability to stick to a plan of action.



### Benefits of Personal Fitness

Healthy, fit people have feelings of high self esteem.

They also have a more positive **self-concept**.



### Term to Know

#### **Self-concept**

The view you have of yourself.

### Benefits of Personal Fitness

One of the benefits of personal fitness is stress reduction.

Regular physical activity or exercise lowers blood pressure and can reduce hormone levels that cause stress.



### Benefits of Personal Fitness

Regular physical activity leads to improvements in academic and physical performance.

- It enhances concentration spans.
- It raises energy levels.
- It results in fewer missed days of school.



### Benefits of Personal Fitness

Regular physical activity leads to an increase 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.



### Benefits of Personal Fitness

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 active, eating healthfully, and practicing positive lifestyle habits, you increase your chance of remaining fit throughout your life.



# CHAPTER 1 Physical Activity and Personal Fitness

## Lesson 3 Developing a Positive Fitness Attitude

### Lesson 3 Review

#### Reviewing Facts and Vocabulary

- **Recall** Explain how your attitudes affect your level of fitness.
- **Vocabulary** What are *peers*? What is *peer influence*?
- **Recall** What is a *commitment*?

### 3. Recall

Commitment is a pledge or promise such as having positive attitudes and behaviors about physical activity.



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*End of*  
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**Fitness Check**

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