

20,000 Breaths a Day Student Worksheet

Did you know? *Canada's Physical Activity Guideline* for youth ages 12 to 17 recommends 60 minutes of moderate- to vigorous-intensity physical activity each day. The *Guideline* also recommends that of those seven days:

- vigorous-intensity activities should occur at least three days per week
- activities that strengthen bones and muscles should occur at least three days per week

Daily Activity Estimate

Record the amount of time you spend doing moderate (walking, skating, bike riding, chores, vacuuming, raking leaves, shoveling) and vigorous activity (running, rollerblading, soccer) each day and calculate your daily total.

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Moderate							
Vigorous							
Total							

Did you know? Only 7% of Canadian youth (ages 6 to 19) meet the recommended 60 minutes of moderate to vigorous physical activity (MVPA) 6 days a week and less than half meet the 60 minutes of MVPA 3 days per week. Source: Canadian Health Measures Survey, 2007 to 2009.

1. How does your daily total compare to the "Did you know?" recommendations above?
2. Indicate what you could do to increase your daily activity.

Did you know? In the 2006, 2008 and 2010 Olympic Games, approximately 7% of athletes had asthma, making asthma the most common medical condition experience by Olympic athletes. Source: Australian Association for Exercise and Sport Science, *Position Statement on Exercise and Asthma, 2011*.

3. a) Using the charts below, develop an action plan to increase your activity level over the next five weeks. For Week 1, use the information you recorded on the previous page to complete the chart. Once you have completed the new activities, mark the table with a ✓. Total the minutes in the last row. For Week 2

to 6, use the information from the previous week to complete the first two rows. Compare your progress at the end of Week 6 by referring back to the table on the previous page.

Activity Monitoring Week _____

WEEK _____	Type of Activity	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Current Activity – moderate								
Current Activity – vigorous								
New activity, 5 to 10 min								
Completed new activity ✓								
Total minutes								

b)

- Work with a partner to complete each of the activities listed below for one minute.
- As you are doing the activity, continue talking with your partner.
- On the table below, rank the activities according to your breathing while you were doing the activity and talking with your partner.
- If you have to stop talking while doing the activity before you reach one minute, you may stop doing the activity.

WEEK _____	Ranking – circle 1 if your breathing remains normal, 2 if it is still easy to talk while doing the activity, 3 if it gets difficult to talk, and 4 if you have to stop talking			
	NORMAL BREATHING	EASY TO TALK	DIFFICULT TO TALK	HAVE TO STOP TALKING
Walk normally	1	2	3	4
Walk quickly	1	2	3	4
Bean bag*	1	2	3	4
Jog	1	2	3	4
Run quickly	1	2	3	4

*Bean bag: with your partner, try to keep the bean bag off the ground using only your feet for the one minute.

- If you circled 1 or 2, the activity would be considered light.
- If you circled 3, the activity would be considered moderate.
- If you circled 4, the activity would be considered vigorous.

Breathing Through a Straw

- With a partner, take turns walking quickly for one minute while breathing through a straw. Try to breathe through your mouth as much as possible. Then switch so the other person walks quickly while breathing through a straw.
- Periodically, signal to your partner, using a thumbs up to indicate if your breathing remains easy or a thumbs down to indicate if your breathing becomes more difficult.

Safety First!

- If at any time you are feeling light-headed or dizzy, stop breathing through the straw, and sit down until your breathing returns to normal.
- Let your teacher know if you have health concerns that would prevent you from participating in this activity.

1. How did you feel during the breathing through a straw activity?
2. Has there ever been a time that your breathing felt similar to when you were breathing through the straw? If yes, how often has this occurred and when?
3. Have you ever been diagnosed or tested for asthma?
4. How are allergies connected to asthma?

Asthma Facts

- Three million Canadians suffer from asthma. Asthma is the most common chronic respiratory disease of children and young adults.
- In 2001, a total of 299 Canadian deaths were attributed to asthma. 60% of people with asthma do not have their asthma under control.
- The cause of asthma is not known, and currently there is no cure.

Source: Asthma Society of Canada; Statistics Canada, *Health Reports*, Vol 16. No. 2, March 2005.