

Health In Progress

Lesson 4

Society Changes/Activity Levels



QUESTION 4:

Which one of the following choices is the least "active" after school activity?

- a. Household/Farm chores
- b. Bike riding
- c. Organized sports
- d. Watching television

ANSWER: d. Watching television

1. In the past century, technological advances have provided us with many improvements in the way we live. **As a result of scientific and technological advances, we do not need to "move" as much in our daily routines and have become less active.**

Some examples of technological advances are the following:

Electric dishwashers instead of hand washing

Electric clothes washers/dryers instead of hand washing/line drying

Elevators and escalators instead of climbing stairs

Automobiles instead of walking and riding horses (which is great exercise!)

Riding lawn mowers instead of push non-electric mowers

2. When people think of "exercise", they often think that they have to go run around a track, go to the gym or participate in an organized sport. These are all ways one can exercise, good ways, but **MOST people get their exercise through normal daily activities.**

3. Explore the concept that:

Some technological changes are good because they allow us to have time to do other activities instead of needing to spend all of our time on chores. **It is important to realize that if we are not careful, we may become very lazy because we will not have to move much at all to accomplish our daily tasks.**

It is important to try to find simple ways in our daily routines to keep active!

(See HIP Question #5.)