



# *Fitness and the Great Outdoors*

QLWG  
*Individual Life Skills*  
Unit 23

# QLWG Skills for Life

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# QLWG Skills for Life Series

## THEMATIC UNITS

Competency-based learning meets the needs of all learners. It is important to keep in mind, however, that all learners are different. In order to address the needs and interests of all learners, units have been divided by *Essential Life Skills* and *Individual Life Skills*.

*Essential Life Skills* are important for everyone, while *Individual Life Skills* address the needs and interests of different learners. Once learners have completed the “Essential” units, they may choose a unit that is applicable to their interests and lifestyle.

<b>Essential Life Skills Units</b>	<b>Individual Life Skills Units</b>
1. Orientation Unit	18. My Hobbies and Leisure Time
2. Around the Home	19. Employment Skills
3. My Community	20. On the Job
4. Being a Canadian Citizen	21. My Family
5. What’s for Dinner?	22. Entertainment (music and film)
6. Managing My Money	23. Fitness and the Great Outdoors
7. Smart Shopping	24. Getting Around (travel and transportation)
8. My Health	25. Career Exploration
9. All About Me	26. Getting My Driver’s Licence
10. Communication Skills	27. Learning in Quebec
11. Living in Quebec	28. Living Green
12. Strategies for Reading	29. Handling Legal Concerns
13. Strategies for Writing	30. The Retirement Years
14. Strategies for Grammar	
15. Strategies for Numbers 1: Understanding Numbers	
16. Strategies for Numbers 2: Adding & Subtracting	
17. Strategies for Numbers 3: Multiplying, Dividing & Fractions	



# QLWG *Skills for Life Series*

## Fitness and the Great Outdoors

### Unit # 23

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# WELCOME LEARNER!

This workbook is meant to help you develop important life skills. As you work on different activities, try to see the purpose in what you are doing, stay motivated and enjoy!

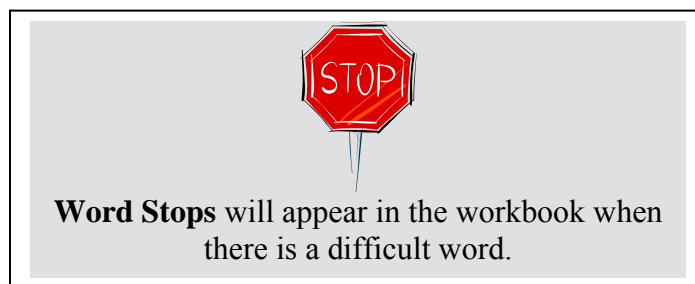
## Things to Look for:

### Checkpoints

You will finish every unit of study with a Checkpoint (in blue). Once you have completed the Checkpoint questionnaire, you will send this document to your distance education tutor. Make sure you fill in the **date, your name, your phone number** and the **distance education tutor's name** on the cover of this document.

### Word Stops

**Word Stops** will explain more difficult words. Look for words in bold print (example: **bold**). A **Word Stop** will follow to tell you what that word means.



## **If you do not understand, follow these steps:**

1. Look at titles and pictures. Do they tell you anything?
2. Try to find the general meaning.
3. Look for Word Stops.
4. Use a dictionary.
5. If you still do not understand, contact your distance education tutor.

## **Before you contact your distance education tutor:**

1. Prepare your questions. What do you want to ask?
2. Give the page number and section title to your tutor so they know where you are.



**“Act the part; walk and talk exactly as if you were already the person you want to be.”**

**~Brian Tracy**



# Fitness and the Great Outdoors

"True enjoyment comes from activity of the mind and exercise of the body; the two are united." ~Alexander von Humboldt



## Introduction:

There are many great reasons to get outdoors and get active. It lowers your risk of getting sick, gives you more energy and releases tension. In short, it adds to the quality of your life.

## In this unit, you will:

- analyze a quote about nature.
- brainstorm seasonal activities.
- consider different ways to be active in your area.
- read an article about the great outdoors.
- find out about an outdoor activity that you would like to do.
- find out about low-cost outdoor activities.
- think of ways to get moving every day.
- keep a physical activity journal.
- reflect on the benefits of being active.
- set fitness goals.




# The Great Outdoors

Outdoor activities add to a healthy lifestyle. Nature has many rich prospects to discover. Outdoor **recreation** is a great way to exercise and enjoy time with family and friends.



## Some Outdoor Activities:

- Walking
- Camping
- Fishing
- Hunting
- Hiking
- Bird watching
- Boating

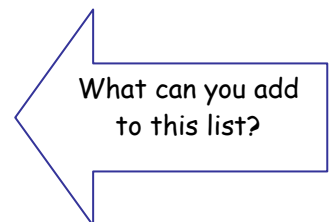


**WORD STOP**

1. **recreation** (rek-ree-ay-shun): fun activities that you do in your free time.

**What else can you add to this list?**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



**REFLECTION:**

1. What are some outdoor recreational activities that you have enjoyed in the past?

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2. Why do people do outdoor recreational activities?

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3. What are the benefits of outdoor recreation?

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"Study nature, love nature, stay close to nature. It will never fail you." ~[Frank Lloyd Wright](#)

**ACTIVITY:**

Analyze a quote about nature.

**STEP 1:**

Read John Muir's quote at the bottom of this page.

**STEP 2:**

Consider the meaning of the quote.

**STEP 3:**

Explain what you think the quote means (on the next page).

**PURPOSE:**

Many writers and poets have written about the beauty of nature. This activity will get you thinking about what nature can do.

**THE QUOTE:**

“Climb the mountains and get their good tidings.  
Nature's peace will flow into you as sunshine flows into trees.  
The winds will blow their own freshness into you...  
while cares will drop off like autumn leaves.”

**By John Muir**

**REFLECTION:**

1. What do you think “Nature’s peace will flow into you” means?

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2. What do you think “...cares will drop off like autumn leaves” means?

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3. Do you think that nature can bring peace and make your cares go away?  
Explain.

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**ACTIVITY:**

Read the article, “Take a Hike!” (on the next page).

**STEP 1:**

Prepare yourself for reading. Look at the title and picture of this article. What do you think this article is about?

**STEP 2:**

Use your reading strategies to help you read the article.

**STEP 3:**

Answer the Reflecting on Reading questions that follow the article.

**PURPOSE:**

This article will get you thinking about hiking in the great outdoors.

**PREPARING FOR READING:**

1. Do you like hiking? Why or why not?

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2. What do you already know about hiking?

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# Take a Hike!

by Victoria Wolfe

There's no question about it - the great outdoors is one of the simple pleasures in life that we just don't take enough advantage of. Hiking is great for not only the body but the mind. Besides being a good way to stay fit and keep healthy, it's also a great way to unwind after a stressful work week. With the price of fuel soaring, another great thing about hiking is that you don't have to look any further than your own backyard to do it. Canada has some of the most pristine lakes and forests in the world. They're all just waiting for you to discover.

Hikes can be long or short, hard or easy - it's up to the individual. You don't need to be an expert to make the most of your hiking experience either. Just remember that old Boy Scout motto, "Be Prepared". Although what you take with you depends on the duration and the difficulty of your hike, here is a list of some of the things that you should have at the very minimum.

- Light weight pack. Whether you are going for an hour or a day you will need a pack to keep all your supplies. You don't need anything expensive; just make sure it's a good fit.
- Good footwear. Wear something that is going to be comfortable while going over unfamiliar and sometimes rocky terrain. You don't need to wear big leather boots, just wear something sensible that you don't mind wearing for long periods of time.
- Hat and sunscreen. Even if you don't think you need it, protecting yourself from the harmful UV rays of the sun is important. Bring plenty of lotion and wear a wide brimmed hat for the best shade protection.
- Bring food and plenty of water. You don't need a lot of food if you're just going on a short hike but be sure to bring extra water bottles. Keeping

yourself hydrated is important, especially when you're exercising.

- Rain gear. Weather can change quickly, especially in the mountains. A quick thunderstorm can take you out unawares. Take rain gear with you even if you think it's going to be warm and dry.
- Protective eye wear. Prolonged exposure to the sun and constant squinting can take its toll. Take those sunglasses.
- Map and compass. It may seem obvious but you will need to bring a map and compass to know where you're going. Many people seem to forget these items.
- Guidebooks. Although not essential, guidebooks are a great way to find out what flora and fauna you come across during your explorations. Guidebooks are small and easy to carry and make for a much more interesting hike. You'll be able to identify small birds, animals and plants along the way.

**Happy hiking!**





**REFLECTING ON READING:**

1. What is this article about?

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2. What are some new words that you discovered in this article?

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3. How did you find the meaning of these words?

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4. What did you learn from this article?

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5. Who can hike? Explain.

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6. What should you do before you take a hike?

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7. Are you interested in hiking? Why or why not?

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"I only went out for a walk and finally concluded to stay out till sundown, for going out, I found, was really going in." ~John Muir, 1913

**ACTIVITY:**

Make a list of outdoor recreational activities for each season.

**STEP 1:**

Think about as many outdoor recreational activities as you can.

**STEP 2:**

Write the names of these activities for each season in the chart below.

**PURPOSE:**

This activity will help you to think of activities you can do throughout the year.

**SEASONAL RECREATION:**

Spring	Summer
Fall	Winter

**REFLECTION:**

1. Which season do you like best? Explain why.

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2. Which season had the greatest number of outdoor activities? Why do you think this is?

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3. In your opinion, which season is best for outdoor recreational activities? Explain why.

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"Measure your health by your sympathy  
with morning and Spring."  
~Thoreau

# Finding Out About Recreation

The type of recreation you do largely depends on where you live and how much you can spend. People who live in the city, for example, may find it more difficult to go hiking or snowshoeing than those who live in the country. They can go to parks for recreation instead.



## ACTIVITY:

Find details on an outdoor recreational activity that you would like to do:

1. Where you can do it.
2. What things you need to do it (material).
3. When you can do it (what season).
4. How to be safe with this activity.
5. Cost.

## STEP 1:

Choose an outdoor recreational activity that you would like to try. Remember to choose a recreational activity that you can do in your area.

## STEP 2:

Decide how you will find out about this recreational activity:

- The Internet
- Call around
- At the library
- At a community centre

## STEP 3:

Research the activity. Fill in the chart on the next page.

## PURPOSE:

This activity will help you to start a new recreational activity.

## Chart: New Recreation

<b>WHAT I NEED TO FIND OUT</b>	<b>WHAT I FOUND OUT</b>
<b>The Activity</b>	
<b>Where I can do it</b>	
<b>Things I need to do it (material)</b>	
<b>When I can do it (the season)</b>	
<b>How to be safe with this activity</b>	
<b>Cost:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> cost of material and/or equipment</li> <li><input type="checkbox"/> Fees to join</li> </ul>	

**REFLECTION:**

1. What steps did you take to find out about this recreational activity?

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2. Will you do this recreational activity? Why or why not?

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3. What are some recreational activities that you would do but can't because of cost and location?

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4. Can you think of an **alterative** to the recreational activities that you can't do (but would like to)? Explain.

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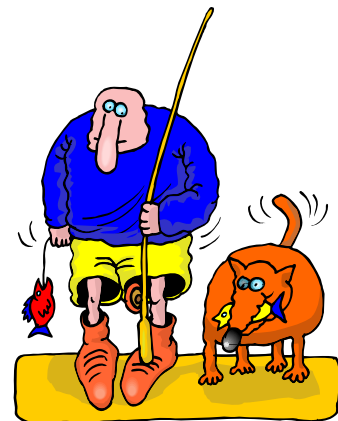
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**WORD STOP**

1. **alternative** (ol-tur-nah-tiv): another choice (that is similar).

# Low-Cost Outdoor Recreation

Some outdoor recreation activities can be quite costly. Activities like skiing, golfing and biking require expensive equipment. The good news is that there are plenty of outdoor activities that will cost you very little.



## Examples of Low-Cost Outdoor Recreation:

- Walking
- Hiking
- Biking (if you already have a bike)
- Camping
- Frisbee
- Miniature golf
- Sports like baseball, basketball or soccer
- Picnicking

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## REFLECTION:

1. Have you already done any of the above activities? Which ones?

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2. Which low-cost activities would you like to do?

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# How are you doing?



**Complete the questionnaire to keep track of your learning.**

1. Have you completed all reading and activities to this point? (*Circle your answer.*)

**Yes**

**No**

2. If you answered “No”, explain what you did not complete and why.

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3. What was easy and why?

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4. What was difficult and why?

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5. General comments. (*Do you have any comments on the work that you have done?*)

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# Fitness: Getting Active

## What is Fitness?

Fitness is about being physically healthy. It can be defined in different ways: for some people, it means being thin, for others it means having muscles. Despite these common views, fitness should be measured by how you feel, not by how you look.

## What's Great About Fitness:

1. You have more energy.
2. You look and feel better.
3. Your heart is healthier.
4. You have a better self-image.
5. You can learn from it.
6. You can have fun.



"A man's health can be judged by which he takes two at a time -- pills or stairs."  
~Joan Welsh

# Five Tips for a Healthier, More Active Lifestyle

## 1. Get Moving:

- Climb stairs.
- Walk.
- Play with your kids.
- Toss a ball.
- Or anything that makes you move.

## 2. Quit Smoking:

- Smoking is bad for you.
- It slows you down.
- It makes you look older.
- You can put the money you save into other activities.

## 3. Protect Yourself from Pollution:

- Try to stay away from smoky rooms.
- Get outside when the **smog** is low.
- Keep lots of plants around you.

## 4. Don't Drink Too Much Alcohol:

- Drinking alcohol is hard on the body.
- Too much alcohol can damage your liver.
- Too much drinking is connected to higher risks of cancer.

## 5. Be Positive:

- Being positive is an important part of having a healthy life!



"The first wealth is health." ~Emerson

**REFLECTION:**

1. Do you think fitness is important? Why or why not?

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2. Are you happy with your current level of fitness? Why or why not?

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3. What would like to change about your level of fitness? Explain.

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4. How would you like to make changes to your level of fitness?

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"The body of man is a machine which winds its own springs."  
~J. O. De La Mettrie

# Get Moving

You don't have to run a marathon to be fit. In fact, the most important thing is to get moving. There are many small and fun things you can do to get moving that won't cost you any money. Walking, for example, is a cheap workout that you can do every day.

## Here are some easy ways to get moving:

1. Go for a walk.
2. Take a hike.
3. Get outdoors.
4. Jog or run.
5. Walk instead of driving or taking the bus.
6. Take the stairs.
7. Take your bike instead of driving or taking the bus.
8. Clean the house.
9. Do yard work.

10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

What can you add  
to this list?



The kind of physical activity you do really depends on what you like. If like to go to the gym and play sports – great! If you do not, there are many other ways to be active.

## Get Moving: Tips

1. Set goals that you can meet.
2. Start slow and easy.
3. Don't make excuses – just do it.
4. Get moving with a friend.
5. Mix it up - try new things.
6. Stick to it.
7. Keep a physical activity journal.

### REFLECTION:

1. What do you think is a healthy amount of physical activity?

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2. What kind of physical activities do you think you could stick with?

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# How to Measure Physical Activity

Physical activity is measured as light, moderate or vigorous. Look at the examples below to get an idea of what each means.

## Light:

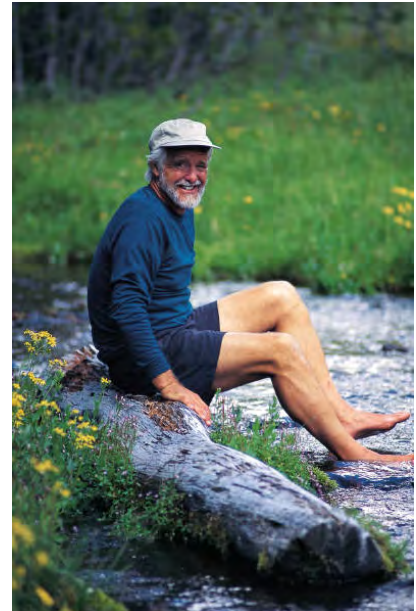
- Strolling (slow walking)
- Making dinner
- Doing the dishes
- Playing with the kids
- Grocery shopping

## Moderate:

- Fast walking
- Hiking
- Gardening/yard work
- Dancing
- Bicycling

## Vigorous:

- Running/jogging
- Aerobics
- Speed walking
- Chopping wood
- Weight lifting
- Sports like basketball or soccer



## How much is enough?

Thirty minutes of moderate activity a day is all you have to do to maintain or improve your health.

# Walking for Fitness



You can get fit by walking thirty minutes every day! The great thing about walking is that you can do it anywhere and it costs nothing.

Walking improves your overall health. It can help reduce the risks of:

- high blood pressure.
- diabetes.
- obesity and excess weight.

For older people who have arthritis, walking can actually ease pain instead of causing it.

## **The Basics of Fitness Walking**

1. As the sports brand Nike puts it, “Just do it”. Stop making excuses and get out there. Walking is easy, cheap and good for you!
2. You should walk at least 30 minutes three to four times a week.
3. If you walk during the day, wear sunscreen.
4. Have fun while you walk – listen to music or bring a friend.



**ACTIVITY:**

Keep track of your daily physical activity for one week.

**STEP 1:**

Understand what you have to do.  
Look at the sample journal entry at the bottom of the page.

**STEP 2:**

Keep track of all physical activity in the daily logs (pages 26-29).

**STEP 3:**

Calculate how many hours you were active over the week.

**PURPOSE:**

Keeping track of your physical activity will help you to decide if you are active enough.

**SAMPLE LOG:**

Day 1

Date: *October 5<sup>th</sup>*

<b>Activity</b>	<b>Duration (in minutes)</b>	<b>Intensity</b>
<i>Walked</i>	<i>20 minutes</i>	<i>Moderate</i>
<i>Made dinner</i>	<i>45 minutes</i>	<i>Light</i>
<i>Played with the kids</i>	<i>25 minutes</i>	<i>Light</i>

**Amount of time doing physical activity: 90 minutes**

# My Physical Activity Log (1 week)

## Day 1

Date: \_\_\_\_\_

Activity	Duration (in minutes)	Intensity

Amount of time doing physical activity: \_\_\_\_\_

## Day 2

Date: \_\_\_\_\_

Activity	Duration (in minutes)	Intensity

Amount of time doing physical activity: \_\_\_\_\_

**Day 3**

Date: \_\_\_\_\_

Activity	Duration (in minutes)	Intensity

**Amount of time doing physical activity:** \_\_\_\_\_**Day 4**

Date: \_\_\_\_\_

Activity	Duration (in minutes)	Intensity

**Amount of time doing physical activity:** \_\_\_\_\_

**Day 5**

Date: \_\_\_\_\_

Activity	Duration (in minutes)	Intensity

**Amount of time doing physical activity:** \_\_\_\_\_**Day 6**

Date: \_\_\_\_\_

Activity	Duration	Intensity

**Amount of time doing physical activity:** \_\_\_\_\_

**Day 7**

Date: \_\_\_\_\_

Activity	Duration (in minutes)	Intensity

**Amount of time doing physical activity:** \_\_\_\_\_

**FOLLOW-UP:**

Now, add up the number of minutes you were active each day to find the total number of minutes.

Day 1 total: \_\_\_\_\_

Day 2 total: \_\_\_\_\_

Day 3 total: \_\_\_\_\_

Day 4 total: \_\_\_\_\_

Day 5 total: \_\_\_\_\_

Day 6 total: \_\_\_\_\_

Day 7 total: \_\_\_\_\_

**TOTAL:** \_\_\_\_\_

What is the total number of hours you were active this week? (There are 60 minutes in one hour.)

**REFLECTION:**

1. Are you satisfied with the number of hours you were active over the past week? Why or why not?

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2. What would you like to do more of?

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3. What would you like to do less of?

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"Those who do not find time for exercise will have to find time for illness." ~Earl of Derby

# Setting Fitness Goals

Now that you have kept track of your physical activity for a week, you can set realistic goals for fitness.

## ACTIVITY:

Set weekly fitness goals.

## STEP 1:

Look at your physical activity log. Consider what you want to change and what you can realistically change.

## STEP 2:

Set fitness goals that you can manage. Write these goals in the chart on the next page.

## STEP 3:

Follow your goals.

## PURPOSE:

Fitness is important. Setting goals will help you to do what you want to do.



# My Fitness Goals

Physical Activity	Duration	Number of times each week
<b>Example:</b> Walking	30 minutes	3 times a week



# Fitness, the Great Outdoors and Me

Now that you have reflected on the role of fitness and the great outdoors in your life, you are ready to observe how the two affect your everyday life.

## ACTIVITY:

Pay close attention to the world around you to find examples of how fitness and the great outdoors affect your everyday life.

### STEP 1:

Reflect on what you know about fitness and getting outdoors.

### STEP 2:

For a few days, observe how fitness and getting outdoors affect your life and the lives of those around you.

### STEP 3:

Answer the questions on the following page. Provide solid examples of what you observed.

## PURPOSE:

Learning is most valuable when you can apply it to your own life.

## Where to find real-life examples:

1. Watch the people around you. Is fitness important to them?
2. Do people show appreciation for the great outdoors?
3. Watch television programs to see how they show fitness and nature.
4. Get outside. See how you feel.
5. Get moving. See how you feel.









# Fitness and the Great Outdoors

## Learning Checklist

Check off each item on this list that you can do as “ACHIEVED”. If you feel that you have to improve on something, check “IN PROGRESS”. Review your Learning Checklist with your tutor.

<b>COMPETENCIES</b> <b>What I can do.</b>	<b>IN PROGRESS</b>	<b>ACHIEVED</b>
1. I can explain why I should get outdoors.		
2. I can explain what recreation is.		
3. I can add to a list of outdoor activities.		
4. I can explain the benefits of getting outdoors.		
5. I can analyze a quote about nature.		
6. I can form an opinion on nature.		
7. I can read an article about hiking.		
8. I can use my reading strategies to read.		
9. I can guess the meaning of new words that I read.		
10. I can reflect on what I read.		
11. I can explain what an article is about.		
12. I can explain what I learn from reading.		
13. I can make a list of outdoor activities.		
14. I can separate activities by season.		
15. I can write about my opinion on seasons.		
16. I can find out about a recreational activity.		

<b>COMPETENCIES</b> <b>What I can do.</b>	<b>IN PROGRESS</b>	<b>ACHIEVED</b>
17. I can choose a way to find information.		
18. I can find information on my own.		
19. I can think of alternative outdoor activities.		
20. I can describe low-cost outdoor activities.		
21. I can explain what fitness is.		
22. I can say what's great about fitness.		
23. I can explain how to have a healthier lifestyle.		
24. I can reflect on my level of physical activity.		
25. I can think of changes I would like to make to my fitness.		
26. I can give examples of light physical activity.		
27. I can give examples of moderate physical activity.		
28. I can give examples of vigorous physical activity.		
29. I can keep track of my daily physical activity for a week.		
30. I can add the number of minutes I was active.		
31. I can figure out how many hours I was active.		
32. I can set fitness goals I can manage.		
33. I can observe how fitness and the outdoors affect my life.		
34. I can observe how fitness and the outdoors affect the lives of others.		
35. I can reflect on my learning.		
36. I can keep track of learning in my Learner's Journal.		

The

**QLWG Skills for Life Series**

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