

## Chapter 1 : Human body-English

*Parts of the body exercises elementary level. Human body vocabulary activities. Free exercises to learn English online.*

Share on Facebook Cardio exercise, also known as aerobic exercise, affects your muscles, bones, circulatory system, respiratory system and brain. Although sometimes cardio exercise can cause injury, the overall benefits of cardio activity to your body are so widespread that doctors call it the best way to improve your overall health and mental state. Cardio exercise will reduce your fat stores and helps fight off many types of illness, from heart disease and diabetes to cancer. Types of Cardio Exercise Cardio exercises are activities that make you breathe harder as your heart and lungs work to deliver more oxygen to the large muscle groups you are using. Cardio exercises include running, which uses your legs, and swimming, which primarily uses your arms, shoulders and back muscles. One of the best cardio exercises is cross-country skiing, which utilizes your legs and arms while strengthening your heart and lungs. During these and other cardio exercises, your small blood vessels widen to deliver oxygen to working muscles and to carry away carbon dioxide and lactic acid. Many Benefits Cardio exercise stimulates your immune system, making you less susceptible to viral infections such as colds. The Centers for Disease Control and Prevention reports that cardio exercises also have a positive impact on your mind by sharpening your thinking processes. According to the Mayo Clinic, cardio exercise affects your brain by reducing stress, depression, anxiety and tension. Immediately after exercising, your body often releases endorphins, natural pain-reducing substances that can give you a sense of well-being. Effect on Your Arteries The effect of exercise on your heart is often demonstrated by your resting heart rate. This is a sign that your heart muscle is stronger and capable of delivering blood to the rest of your body at a slower rate. Cardio exercise also increases your high-density lipoprotein -- the "good" cholesterol -- and reduces low-density lipoprotein -- the "bad" cholesterol -- helping keep plaque from clogging your arteries. Those muscles become firmer, and muscle enzymes become better at working at a low intensity for an increasing duration of exercise. Your metabolic rate -- the pace at which you are burning calories -- is also affected by cardio exercise, as it becomes elevated during your workout and remains elevated for a time afterward. Burning Fat Cardio exercise burns fat, and this can reduce your total body fat, which is stored under the skin, around internal organs and between muscle cells. When you exercise, you will at first burn glycogen for energy, but after 30 minutes the body will switch to burning fat. A pound of fat contains about 3,500 calories, so it takes regular and prolonged cardio exercise to have an effect on your body composition. If you diet to lose weight, adding exercise will keep your body from getting flabby as you reduce.

## Chapter 2 : Parts of the body worksheets | FredisaLearns

*Body parts: elementary vocabulary exercises. Elementary level esl. Parts of the human body.*

ESL lesson plans for body parts can help students through a trip to the doctor or just help them find the right words when speaking about something that is essential to their lives. Ideas for Lesson Plans About Body Parts Developing lesson plans about the subject of body parts is ideal for incorporating activities that appeal to visual and kinesthetic learners. Visual learners most easily process and retain information they acquire by sight. Kinesthetic learners are aided by activities requiring movement. Ideas for ESL lesson plans can include: When first introducing the vocabulary, encourage students to move each body part as they say the word. In fact, associating a specific movement with a word is one of the techniques used in the Total Physical Response TPR method of language teaching. This teaching style theorizes that physical movement can improve second-language acquisition by creating mind-body links. Labeling worksheets are a good way for students to gain experience with new body parts vocabulary. Enchanted Learning offers printable worksheets for the entire body and the face. Flash cards with images of body parts can incorporate a visual element in the classroom while helping students learn new body-related vocabulary. Use large cards at the front of the room to quiz the entire class, or break students up into pairs with smaller cards to practice with each other. Create a game with body parts instead of numbers. Just make sure no letter appears more than once in the word for easier game play. Online bingo card makers can help you create a complete set for the classroom. You can change the name of the game to include your own name, like "Mr. Take a few minutes at the beginning of the activity to explain the concept of "Simon Says" and what is expected. Incorporating Clothing Clothing and body parts naturally go together, creating opportunities to seamlessly combine lessons on the two topics. Several activities can be used to match pieces of clothing and the body parts on which they belong. Provide an outline of a body on a piece of paper with articles of clothing to cut out on a separate sheet of paper. When directed, students should pick the appropriate article of clothing to place on a body part. The teacher can direct the entire activity or pair the students up and ask them to quiz each other. Gather a large pile of clean secondhand clothing. Then announce a body part and see who can be the first to find a piece of clothing to go on it. Continue with the game until every student has had a turn. For an additional challenge, ask the students to give the name of the article of clothing before they can be declared winner of a round. Comfort Levels for Touching Be sensitive to cultural beliefs and personal comfort levels when incorporating any activities that may encourage students to touch each other. The more comfortable students are, the more receptive they are to learning more about the wonders of the English language. YourDictionary definition and usage example.

## Chapter 3 : Muscle Anatomy - Human Anatomy Chart

*How to complete the exercise on body parts? To complete the exercise write the correct vocabulary next to the body part. Body part exercise. To complete the exercise put the correct body part next to the black line.*

Regular exercise offers many positive benefits that will keep you living independently and reduce your risks of getting certain diseases and injuries. Although gyms and fitness boot camps are places where people typically exercise, you can strengthen your body by taking long hikes or walks, dancing a few hours of salsa or playing your favorite sport. Healthier and Happier Heart All forms of exercise improve the heart rate, blood flow and general heart health. Average, healthy adults have a heart rate of 60 to 80 beats per minute at rest. Moderate-intensity or high-intensity exercise will strengthen your heart, allowing it to pump more blood into your body, which can reduce the resting heart rate to 28 to 40 beats per minute, as in most elite endurance athletes. As your heart gets stronger, the stroke volume also increases, which is the amount of blood ejected per beat from the left ventricle of the heart. When the left ventricle is filled up with more blood, it is stretched further, which causes an elastic recoil to pump more blood out. Maximize Air Intake Like your heart, your lungs and the rest of the pulmonary system also adapt to exercise. This also increases your breathing rate, which speeds up the exchange of oxygen and carbon dioxide. The alveoli are tiny air sacs where gas exchange takes place between your blood and your lungs. As you adapt to high-intensity exercise, the number of alveoli also increases. This allows you to perform aerobic exercises longer without getting out of breath. Gain Weight the Right Way All forms of strength and power training will make your bones denser and your skeletal muscles larger. Weight-bearing exercises, such as fast walking, stair climbing, dancing and weight-training, cause your bones to constantly rebuild and adapt to make them stronger and resilient to fractures. Muscle growth, or hypertrophy, is a result from strength and power conditioning in which your muscle fibers increase in diameter. Eccentric training, which is the lengthening of muscle fibers under tension, elicits the greatest gains in muscle hypertrophy, according to exercise physiologist Len Kravitz. For example, after you lift a barbell during the arm curl, lower the weight at a rate of three to four seconds. Torch More Fat Your body continues to burn fat at an elevated rate even after you have stopped exercising. This condition is called excess post-exercise oxygen consumption, during which your body increases its metabolism to return itself to its resting state. EPOC can last from 15 minutes to 48 hours, depending on exercise intensity and duration, says Kravitz. This can help you burn fat more efficiently throughout the day without having to spend more than an hour at the gym.

## Chapter 4 : FREE ESL body worksheets

*Exercise on Body Parts - Whole Body Can you name the parts of the human body? ankle back belly bottom breast calf elbow finger foot forearm hand head knee lower leg neck shoulder thigh thumb toe upper arm wrist.*

## Chapter 5 : Parts of the Human Body | 1st Grade - Science | Pinterest | Human body, Education and Science

*Do the exercises on the parts of the body then click on the button to check your answers. Choose the names of these parts of the body: 1.*

## Chapter 6 : 5 Workouts For Every Body Part - A Beginner's Guide!

*Human body parts learning the English words for the body parts with pictures Learning about human body parts in English. In this English lesson you will start learning about the vocabulary for various parts of the human body from the head down to the toes and how to use each body part in a sentence.*

## Chapter 7 : Parts of the Human Body | Worksheet | calendrierdelascience.com

## DOWNLOAD PDF HUMAN BODY PARTS EXERCISES

*Worksheet on practising/reinforcing vocabulary on parts of the body included. The above downloadable teaching material is intended for high school students and elementary school students at Elementary (A1), Pre-intermediate (A2) and Intermediate (B1) level.*

### Chapter 8 : Body Worksheets | All Kids Network

*Vocabulary: Body parts Do these exercises to help you learn words for parts of the body. 1. Check your vocabulary: picture matching Write the correct word in the box below the picture.*

### Chapter 9 : 5 Workouts For Every Body Part - A Beginner's Guide!

*Human body parts learning the English words for human body parts. Videos and exercises to help you learn the English words for body parts Find this Pin and more on Kids activities by Mitzu Luc.*