

MY NAME _____

Healthy Vibe – The skin you're in page 22

HEALTHY VIBE

HEALTHY BODY

Water Wise

Summer's favourite pastime, swimming is a great way to stay in shape

THE GREATEST THING ABOUT SWIMMING IS THAT IT IS LOW IMPACT. BECAUSE WATER SUPPORTS AND CUSHIONS YOUR BODY, THERE IS LITTLE PRESSURE ON YOUR JOINTS AND TENDONS, WHICH IS WHY A LOT OF PEOPLE USE SWIMMING TO REHABILITATE AFTER AN INJURY.

Anyone can swim. Just pushing against water, which has 12 times the density of air, is exercise. So it's just as good for people who are old or disabled as it is for serious athletes.

Recent studies have shown that regular swimmers live longer. Dr Joel M. Stager, a researcher at the University of Indiana, has been conducting studies on the relationship between swimming and aging for several years.

His findings are amazing.



Ben Austin knows plenty about the benefits of swimming. Ben just won Gold at the Delhi Paralympic Games in the 100m freestyle. Go Ben!

"When you look at all the standard physiological markers associated with the aging process, we see that every one of them is slowed dramatically in people who swim regularly", says Dr Stager.

"Exercising in water slows down the aging process, and often quite dramatically – by upwards of 20 per cent in some cases. You almost cannot overstate the benefits of exercising in water."

You burn around 3.75 calories a kilometre per kilogram of bodyweight. So if you weigh 80 kilos and you swim one kilometre in 20 minutes, you will burn 900 calories per hour. Of course, how many calories you burn depends on how much you weigh and the intensity of your workout. If you weigh 75 kilos and swim at moderate intensity, you will burn around 600 calories per hour.

Swimming is a great exercise for building flexibility, cardiovascular strength and endurance. It not only helps strengthen muscles, but also builds lean, flexible ones.

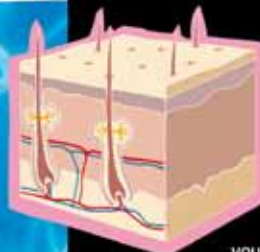
For many people, swimming is like a meditation. Focusing on the rhythm and the stroke and nothing else can be very good for centering the mind and relaxing.

While swimming itself is one of the safest forms of exercise, there are associated dangers to look out for. Foremost is learning how to swim and be safe in the water. Second of all, is looking after your skin in the sun. Sunshine in Australia has high levels of ultra violet light which easily damages the skin and can lead to fatal skin cancers.

So get those budgie smugglers, boardies or bikinis on and get strokin' for summer.

The skin you're in

SKIN, WHERE WOULD YOU BE WITHOUT IT? APART FROM THE OBVIOUS, THAT IT HOLDS EVERYTHING IN AND KEEPS OUT THE ELEMENTS, SKIN IS ONE THE LARGEST AND AMAZING ORGANS OF THE BODY.



When you look at it more carefully you see that skin is an amazing piece of engineering that protects the body from the elements: water, oils, dirt, heat and cold. It protects you from bugs and fungi,

while also regulating your body temperature. It also produces melanin, which darkens your skin surface to block harmful ultraviolet rays from the layers below and vitamin D, which enables you to absorb calcium to keep your bones and teeth strong.

Skin is also connects you the world. Through it you feel hot and cold wet, dry and everything in between. You feel an amazing range of sensations from soft wind on your face to sharp things that may damage you. It can even communicate - when you blush to show you are angry or embarrassed.

Given all the important things skin does for you, what's the best way to look after it?

The skin has its own lubricating system. Sebaceous glands produce oil called sebum which acts as a barrier to water loss. Washing with soaps and detergents can strip the skin of this important layer. It is important to regularly remove dirt and dead skin cells, but this should be done with gentle body washes that don't wash off the sebum. Regular use of moisturisers will also stop the skin from drying and aging.

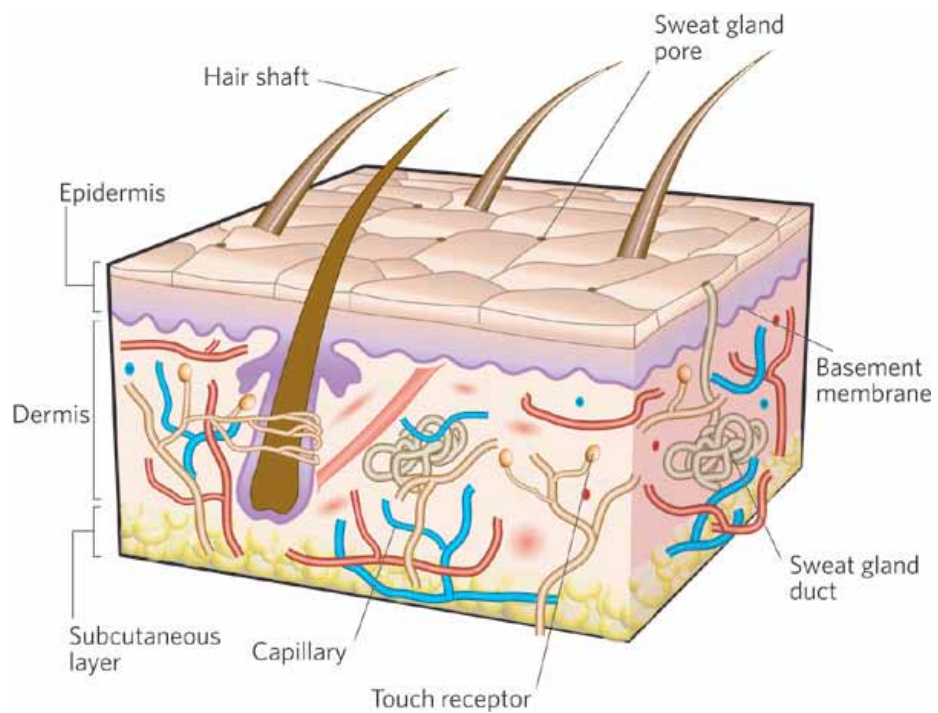
As you get older, collagen which forms the skin's internal structure keeping it thick and flexible, breaks down, leading to loss of thickness and elasticity. Smoking and over exposure to heat and sun will speed this aging process dramatically.

Knowing how many important functions it has, and how it makes you look good, isn't it important to be kind to the skin you're in so it lasts as long as you!

Did you know that skin is one of the largest organs in the human body?

How can you best look after your precious skin?

- wash in gentle body wash rather than using harsh soaps
- use moisturisers regularly
- don't smoke
- keep out of the sun.





ACTIVITY 1: UNDERSTANDING WHAT YOU READ

There are three levels of comprehension questions:

Level 1 – Literal. The answer is located in one sentence in the text.

Level 2 – Inferred or Interpretive. You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.

Level 3 – Applied. The answer is in your background knowledge, what you already know or feel.

Read *Healthy Vibe – The skin you're in* page 22

List some of the roles that the skin has in the human body. (Inferred)

What are some ways you can look after your skin? (Inferred)



ACTIVITY 2 - LANGUAGE CONVENTIONS – SPELLING

The spelling mistakes in these sentences have been underlined.

Write the correct spelling for each word in the box.

1. If you look carefully, you can see how the skin protects the body.

2. Skin regulates body temprature.

3. Skin provides a range of sensashons.

4. You blush if you are angry or enbarassed.

Each sentence has one word that is incorrect.

Write the correct spelling of the word in the box.

1. Sebum acts as a barryer to water loss.

2. Using moistureisors will help keep your skin healthy.

3. Collagen keep skin flexible.



ACTIVITY 3 – WRITING AN EXPOSITION

An Exposition is a type of ARGUMENT that states one point of view about an issue.

Argument type	Social purpose	Stages	Phases
Exposition	States one point of view about an issue	Thesis Arguments Restatement	preview evidence statistics quotes examples elaborations review conclusions

What are some ways to help protect your skin and keep it healthy?



VIBE SCHOOL

Issue 165
Years 9-10

Write an EXPOSITION to argue your reasons.

Think about: examples, statistics, elaborations and other evidence to support your ideas.

Remember to:

- research your topic and plan your writing
- choose your arguments carefully
- give reasons for your arguments
- give examples to support your arguments
- write in sentences
- pay attention to your spelling and punctuation
- use a new paragraph for each new idea
- choose your words carefully to convince a reader of your opinions
- check and edit your writing so that it is clear for a reader.