

- Put your name here: _____ And also on the back. (5 pts)
- Highlight or underline important information (5 pts)
- Annotate by making comments in the margins, minimum of 5 (5pts)
- Define your vocabulary words in the designated vocabulary space by googling them or looking them up on the website (10 pts)
- Goes into effect AOW 2:** List the kind of organizational pattern this article uses and why by filling in the template: (10 pts)
This article uses _____ because _____.
- Give a persuasive response to the WRITE statement at the bottom of the page by writing an essay on the back. Make sure to choose only ONE side of the argument in your writing. We NEVER write about both sides. (up to 30 pts)
- Goes into effect AOW 3:** DO NOT USE "I" or "you" when writing your response. Form opinions WITHOUT IT. (5 pts)
- Make sure that your essay uses PARAGRAPHS. This means, 1. Indent 2. No skipping lines between paragraphs 3. A paragraph is MORE than just one sentence 4. Minimum of 4 paragraphs. (10 pts)
- Include a thesis with points A and B. Be sure to include two persuasive examples in body paragraphs, one in body paragraph 1 and another in body paragraph 2 (10 pts)
- Check off the boxes to the left of these directions as you complete them. (10 pts---lies get 0 points)



Laziness will send us to an early grave 29 October 2010

By Dr Richard Weiler & Dr Emmanuel Stamatakis, Sport and exercise experts

Our lives are full of energy-saving devices, from ready meals to remote controls, all designed to make our lives easier. Humans are designed to move, not stay still. Millions of years hunting, farming and intense manual labor have shaped our bodies to their current form.

But suddenly we have found ourselves in an era when moving has become redundant. Science and technology have undoubtedly made our lives easier. Time, energy and money-saving advances have mechanized our way of life and reduced the amount of time we spend moving.

Opportunities to sit are virtually everywhere: at work, school, during transportation and at home. Quick fixes for health, appearance and emotional state are abundant and usually somebody else's responsibility. Since most people blame lack of time as their main excuse for not being active, it is ironic that on average we waste over three hours watching television per day. We have not been educated that it doesn't cost anything to be more active in everyday life. For example, use the car less, walk more, walk up the escalators and use the stairs instead of the lift.

The values of active ancient civilizations - such as the Greeks, for whom physical and mental health were top priorities - are long forgotten. Sedentary living is the most prevalent disease, biggest silent killer and greatest health threat facing developed countries. Our environment has made it easy for us to live inherently lazy, slothful and sedentary lives.

With advances in measuring physical activity levels, we have discovered, to our horror, that 95% of the UK population are not even doing the minimum recommended amounts of physical activity to confer even basic health benefits (30 minutes' moderate to vigorous physical activity on at least five days a week - or the equivalent).

Whether slim or fat, a person leading a sedentary lifestyle has similar chances of dying young to a smoker. Statistically, every week spent inactive is roughly equivalent to smoking a packet of cigarettes. Conversely, becoming physically active at any age can reverse the health risks of sedentary living, where the least active stand to gain the most by moving more.

However, unlike smoking, sedentary lifestyles lead to more than 40 medically recognized chronic diseases, such as coronary heart disease, type 2 diabetes, obesity, mental illness,

dementia, some cancers. It also leads to reduced quality of life and, perhaps most importantly, unhappiness.

Inactivity in children leads to obesity and reduced academic performance across all socio-economic classes. And inactivity among working adults leads to increased time off work and decreased productivity. In the elderly, quality of life and independence are severely reduced, whilst health care costs are dramatically increased. Few areas of life escape unpleasant consequences. This burden on individual and society is enormous.

"Nanny-state!" is cried from the rooftops when attempts are made to inform people about their unhealthy behaviors, yet we allow greedy corporate advertising to influence our way of life and increase our consumption.

Market forces, mainly driven by the pharmaceutical industry, have turned each of the signs and symptoms of sedentary living into seemingly acceptable recognized "medical" diseases. It makes no sense to throw billions of dollars at firefighting the symptoms while ignoring the main underlying cause.

In general, we have embraced our sedentary environment and, as such, perhaps ought not consider ourselves victims of these (mostly) self-inflicted chronic diseases. But, how much longer can we afford to remain stubbornly resistant to change and solutions? Sedentary living is the most prevalent disease, biggest silent killer and greatest health threat facing developed countries. Awareness, understanding and recognition of this major problem will help us all contemplate behavior and environmental change with unusually welcome green outcomes. The solution is obvious: move!

Define vocabulary here:

Humanitarian: _____
Deficit: _____
Affluent: _____
Spectrum: _____
Mobility: _____

WRITE an essay stating your position on whether or not laziness can affect one's health.

