

Talk About It

How do our physical abilities and health affect the quality of our lives?



Find out more about physical fitness at

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Improving Lives



Vocabulary

elementary

physical

rigid

interact

wheelchair

Young students learn yoga at a school in San Francisco.



THE NEW GYM

At Riverside School in Miami, Florida, gym class isn't always held in the gym. In fact, it isn't even always held on land. One option available to kids at Riverside is an **elementary** course in sailing taught on real sailboats on Biscayne Bay.

Thanks to a terrific new **physical** education movement, gym class is no longer just about traditional team sports. The idea is to help kids find activities they'll enjoy so

much that they'll stay active for the rest of their lives. The fun activities include yoga, cycling, martial arts, dance, kickboxing, in-line skating, using treadmills, and even sailing and kayaking. The goal is to teach children sports and physical activities that they can enjoy outside of school.

Advocates of the "new" gym class point to studies that show kids are less active than ever before. They believe that children's natural boundless energy isn't being channeled into healthy activities for a lifetime. One in four kids gets no physical education in school at all. Kids' general activity level is at its highest in tenth grade but then slowly declines all the way into adulthood. That's what the new movement is designed to change.

A Miami fourth-grader learns the basics of sailing.



Satellite Guidance for the Blind

Before leaving her apartment, Carmen Fernandez, a blind woman living in Madrid, Spain, used to carefully memorize her route. If she didn't, she would get lost. But a new device using GPS (Global Positioning Satellite) technology frees her from such a **rigid** routine.

Using the gadget's Braille keypad, she punches in her destination. As she walks, the device calls out directions to her. "Now I can walk home by any route," Fernandez says. "I've learned so much about my own neighborhood."

While the current technology cannot guarantee total accuracy, it already grants a new level of freedom for the visually impaired. It allows them to **interact** more directly with their surroundings and their neighbors. "Soon I'll be giving directions to the taxi driver," says Fernandez.



Pocket-size GPS guide

THE SECOND OLYMPICS

Every two years men and women from around the world come to compete at the Olympic Games. However, this is not the only time a gold medal is up for grabs. After the Olympics come the Paralympics.

The Paralympics are just like the Olympics, but these games are for athletes with physical disabilities. A Paralympic athlete may use a **wheelchair** or get around with the help of a guide dog in everyday life. Athletes who share a particular disability compete to win medals and set world records. Paralympians want others to see them as world-class athletes whose disabilities do not hold them back.



Find out more about the Paralympics at www.macmillanmh.com

Canada's team at the 2002 Winter Paralympic Games

