



"I AM ACTIVE"

Different Types of Physical Activity

TODAY WE DID:

Today, we did a 15 minute lesson around our motto: "I am active" and 30 minutes of physical activity.

TODAY MY CHILD LEARNED:

Today, we learned about some different types of physical activity.

· **Aerobic Activity**– Gets your heart pumping and lungs working harder. It also makes you sweat. Great aerobic activities are running, dancing, biking or playing soccer.

· **Bone Strengthening**– Exercises help your bones grow and keep them strong with activities like jumping rope, gymnastics and running.

· **Muscle Strengthening**– Gives you more power (you can flex your arms to show them). Strengthen those muscles by climbing on a jungle gym, doing gymnastics or push-ups.

HEALTHY HABIT OF THE DAY:

I am active at least one hour throughout the day, and work hard at being stronger, faster, and healthier.



Healthy LifeStars

THE GAMES WE PLAY:

During Healthy LifeStars, we set goals for ourselves and your kids in the program in order to:

- Get ourselves moving in as many fun ways as possible
- Not stop moving for 30 minutes!
- Play fun games that will keep your child interested in moving around
- Allow kids to set goals about what they want to do for the day

We encourage you to further the lessons by:

- Engaging in physical activity with your child
- Talking to your kids about setting physical activity goals
- Helping children remember the different types of physical activity- there is so much more out there to do than running!

QUESTIONS TO ASK YOUR CHILD TO CONTINUE THE DISCUSSION FROM TODAY:

Q: What does being active mean to you?

Q: What are three different types of physical activity?

Q: What are your favorite ways of being active?

Q: How does being active help our body?

Q: What is your goal for being active today and tomorrow?

Types of Physical Activity

Aerobic



IMPROVE the health of your heart and lungs

Aerobic exercise reduces the risk of many conditions, including obesity, heart disease, high blood pressure, type 2 diabetes, metabolic syndrome, stroke and certain types of cancer.



30 Minutes a day, five days a week

Take a brisk walk, climb the stairs a few times, play with your kids.

Flexibility



IMPROVE flexibility and joint and muscle health

Activities that lengthen and stretch muscles can help you prevent injuries, back pain, and balance problems. A well-stretched muscle more easily achieves its full range of motion.



30 seconds each stretch, every day

To find simple stretching routines, simply Google "easy stretches" and you will find so many easy and safe stretches.

Strength



IMPROVE muscle strength

Strength training can reduce the signs and symptoms of many chronic conditions, such as arthritis, back pain, obesity, heart disease, depression and diabetes.



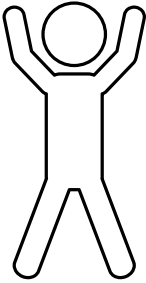
45 minutes a day, 2-3 times a week

Make sure to work different muscle groups on different days. Try working your arms and upper body on one day and your legs and lower body on another.

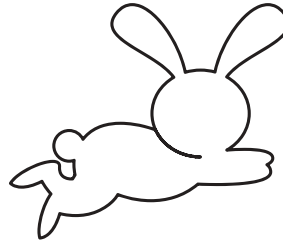
Always talk to a doctor before starting any exercise program!



Jog in place for 45 seconds



Do 15 jumping jacks



Hop like a bunny 10 times



Twirl around for 30 seconds



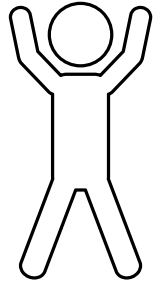
Do 5 push-ups



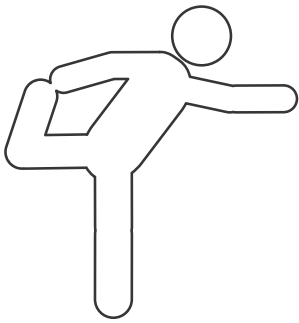
Stretch like this for 15 seconds



Jump 15 times



Do 20 jumping jacks



Stand on 1 leg for 10 seconds each leg



Jog in place for 30 seconds



Reach up and touch the sky 15 times



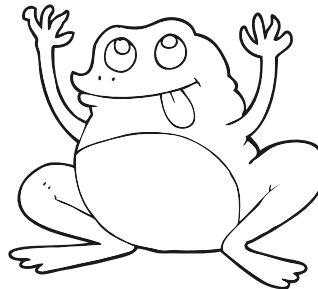
Bend over and touch your toes 10 times



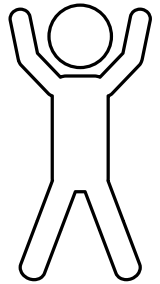
Jump 10 times



Twirl around for 20 seconds



Do 15 frog leaps



Do 30 jumping jacks

Activity Cards!

Color and cut out the cards and put them face down. Take turns picking up a different card. When it's your turn, do the activity on the card that you drew.

Find physical activities you enjoy and have fun as a family!