

HEALTHY BEVERAGE CHOICES

There are many beverage options available, but some of them are healthier choices than others. This guide can help you make the best choices to stay hydrated and perform your best.

Sodas, energy drinks, and sports drinks are NOT good beverage choices.

Sodas, energy drinks, and sports drinks have extra sugar and can make you gain weight. Energy drinks and many sodas also have caffeine. Caffeine does not help you stay hydrated.



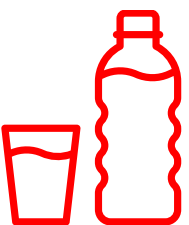
Moderate amounts of low-fat milk and 100% juice are also good choices in small amounts.

Low-fat milk and 100% fruit juice are good choices with meals. Keep serving sizes small. No more than 3 cups of milk and 1 cup of juice per day.



Water is the best choice for a beverage!

Drink water every day! If you like flavored drinks, try sparkling water or add a few pieces of fruit into your water bottle.

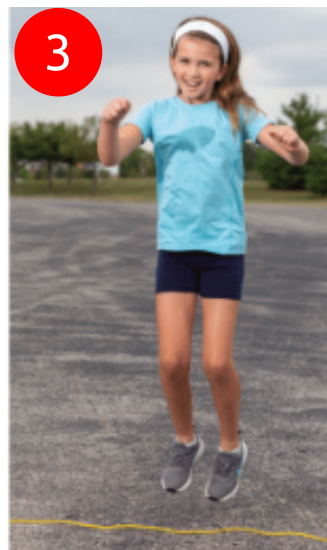


CARDIO

1 Jump Rope Activities

A OVER AND BACK (STATIONARY ROPE)

- Place the rope on the ground in a straight line.
- Face the rope with your toes touching the rope.
- Jump forward and backward like a bell across the rope.
- Repeat for 30 seconds. Rest and repeat.

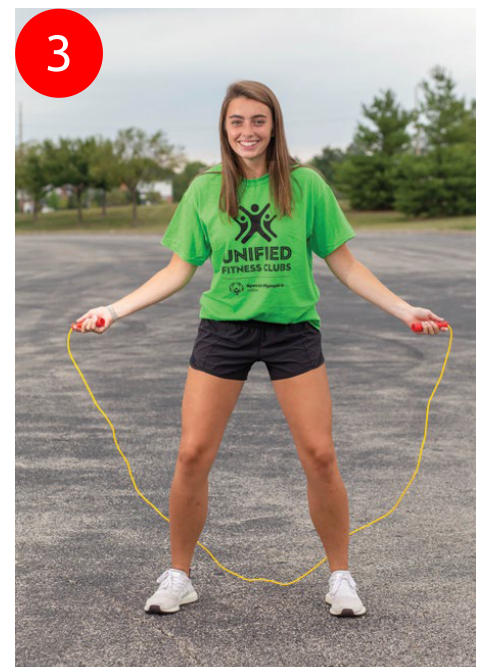
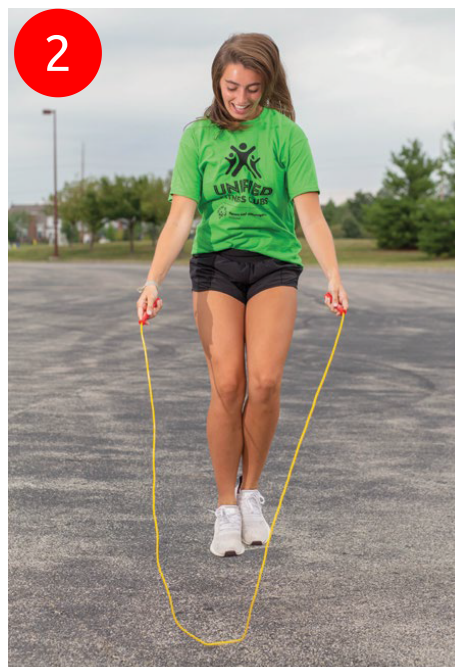


CARDIO

1 Jump Rope Activities

B STRADDLE JUMP ROPE

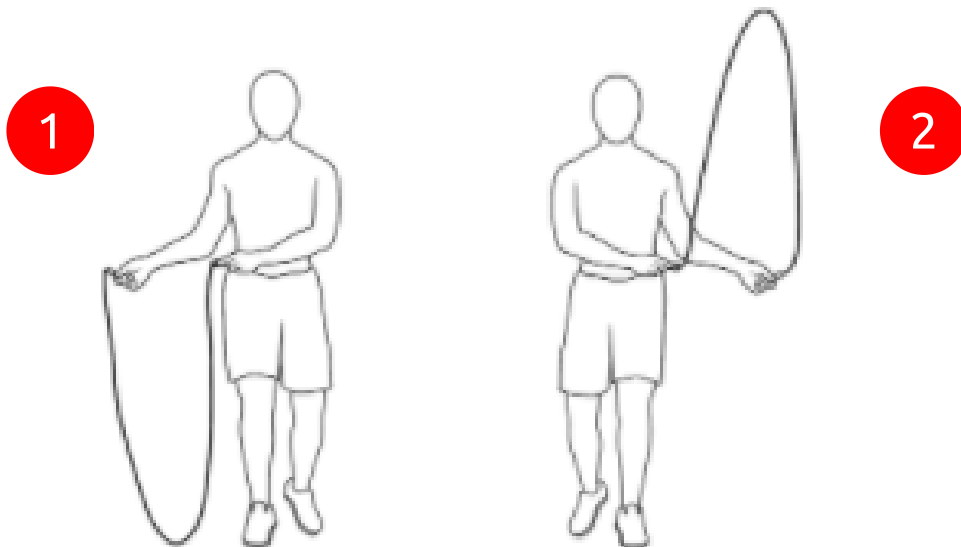
- Hold an end of the jump rope in each hand.
- Start the rope behind you at your heels.
- Turn the rope forwards over your head and jump moving your feet apart to a straddle position.
- Continue turning the rope and bring your feet back together, like completing a jumping jack.
- Repeat sequence once, 3 times and 5 times in a row.



CARDIO

1 Jump Rope Activities**C SIDE SWINGS**

- Hold an end of the jump rope in each hand.
- Put both hands together holding the rope on the right side of your body.
- Swing the rope in a circle formation, crossing to the left side of your body.
- Swing the rope in a circle formation, crossing to the right side of the body.
- When crossing the rope from side-to-side make a sideways figure-8 pattern. Repeat 10 times.



SKILL DEVELOPMENT

2

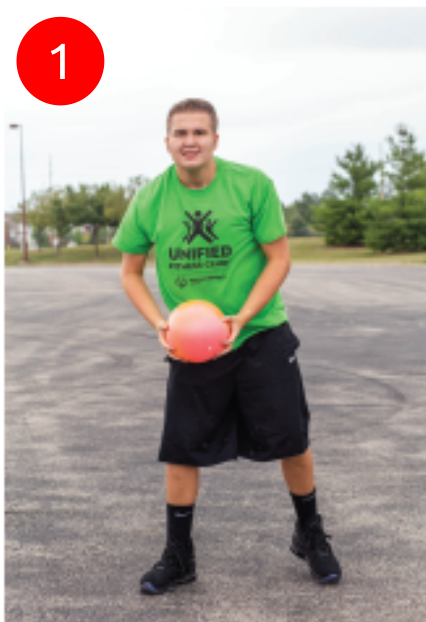
Ball Activities

A

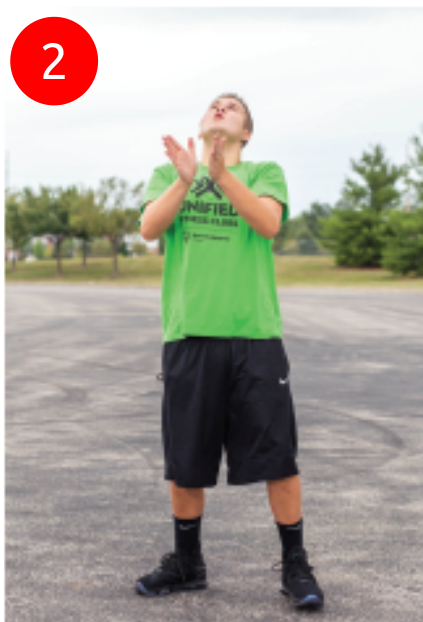
TOSS, CLAP & CATCH

- Hold the ball with both hands in front of you.
- Throw the ball into the air, clap your hands once, and then catch the ball.
- Throw the ball higher and clap your hands more than once before catching the ball.
- Repeat 5 times.
- How many times did you clap before catching the ball?

1



2



3



SKILL DEVELOPMENT

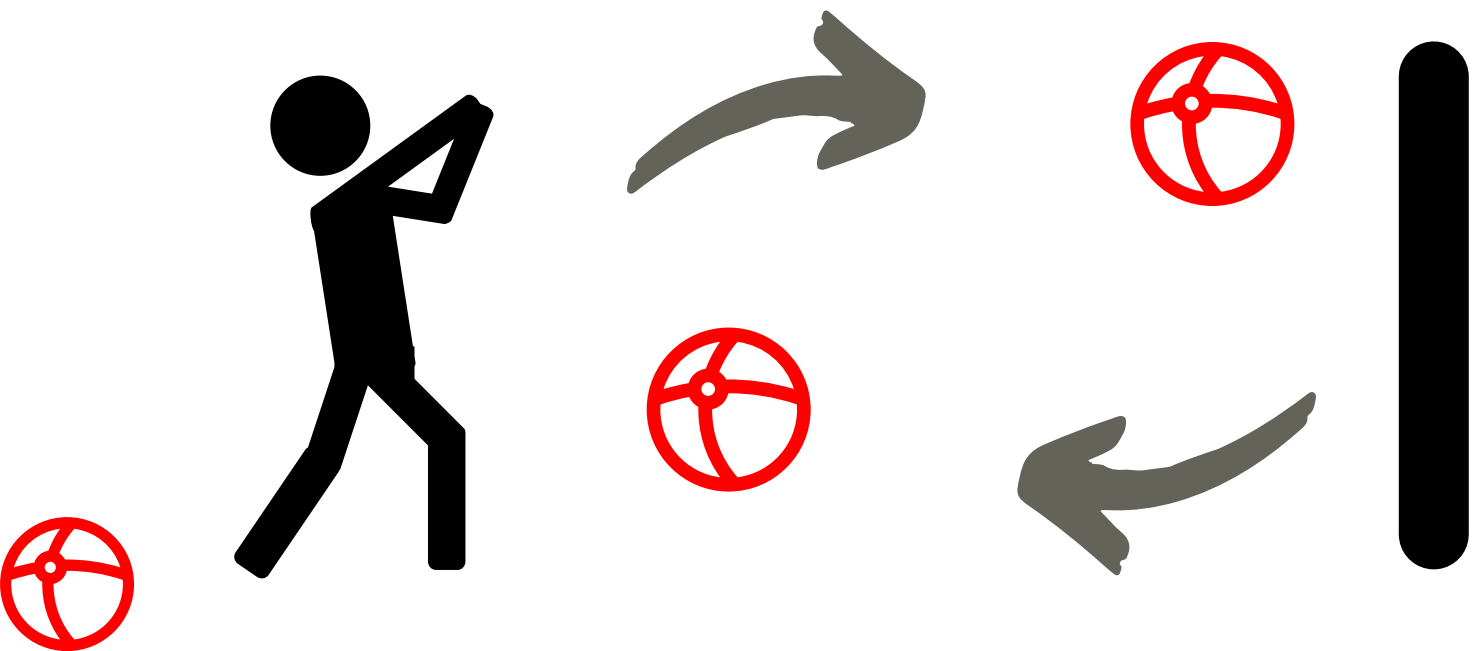
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Ball Activities

B

THROW TO THE WALL & CATCH THE REBOUND

- Stand facing a wall 5 feet away.
- Hold the ball in both hands at the chest.
- Throw the ball to the wall.
- Reach toward the returning ball to catch with both hands.
- Repeat activity 5 times.
- Take one step back and repeat activity again 5 times.



SKILL DEVELOPMENT

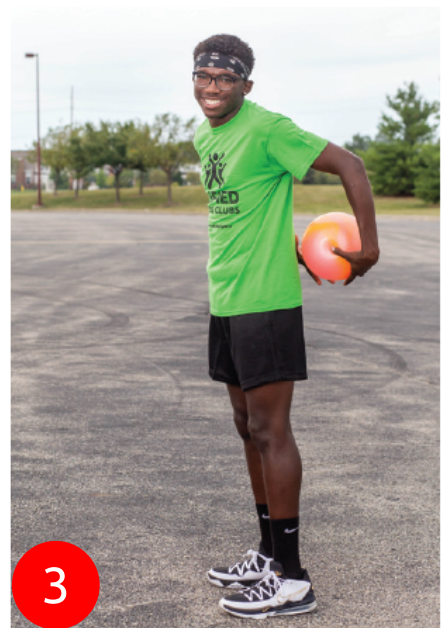
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Ball Activities

C

BALL HANDLING CIRCLES

- Hold the ball with one hand and circle it around your body by passing it to the other hand.
- Complete 10 circles around your body.
- Change the level of the ball and circle around your head, waist, knees and ankles 10 times each.



AGILITY

3

Ladder Activities

A

HOOP HOPPING

- Place 4 or 8 hoops in a line.
- Using only your right foot, hop forward into each hoop. Repeat 5 times increasing speed.
- Using only your left foot, hop forward into each hoop. Repeat 5 times increasing speed.



AGILITY

3 Ladder Activities

B CREATE A NEW PATTERN

- Place 4 - 8 hoops on the ground to create your own pattern of movement. Hoops may be in a line, side-by-side or in a zig-zag pattern.
- Use a combination of locomotor skills (walk, run, jump, hop) to move from hoop to hoop.
- Use different directions (forward, backward or sideways) when creating your movement pattern.
- How many different patterns can you create?

REMINDER: STEP CHECK

Have you been wearing your **wrist fitness tracker** and keeping up with your **Daily Step Tracker**? Remember to enter the number of steps you record **EVERY** day!

Challenge yourself to walk 100 more steps today than your highest daily total last week!

