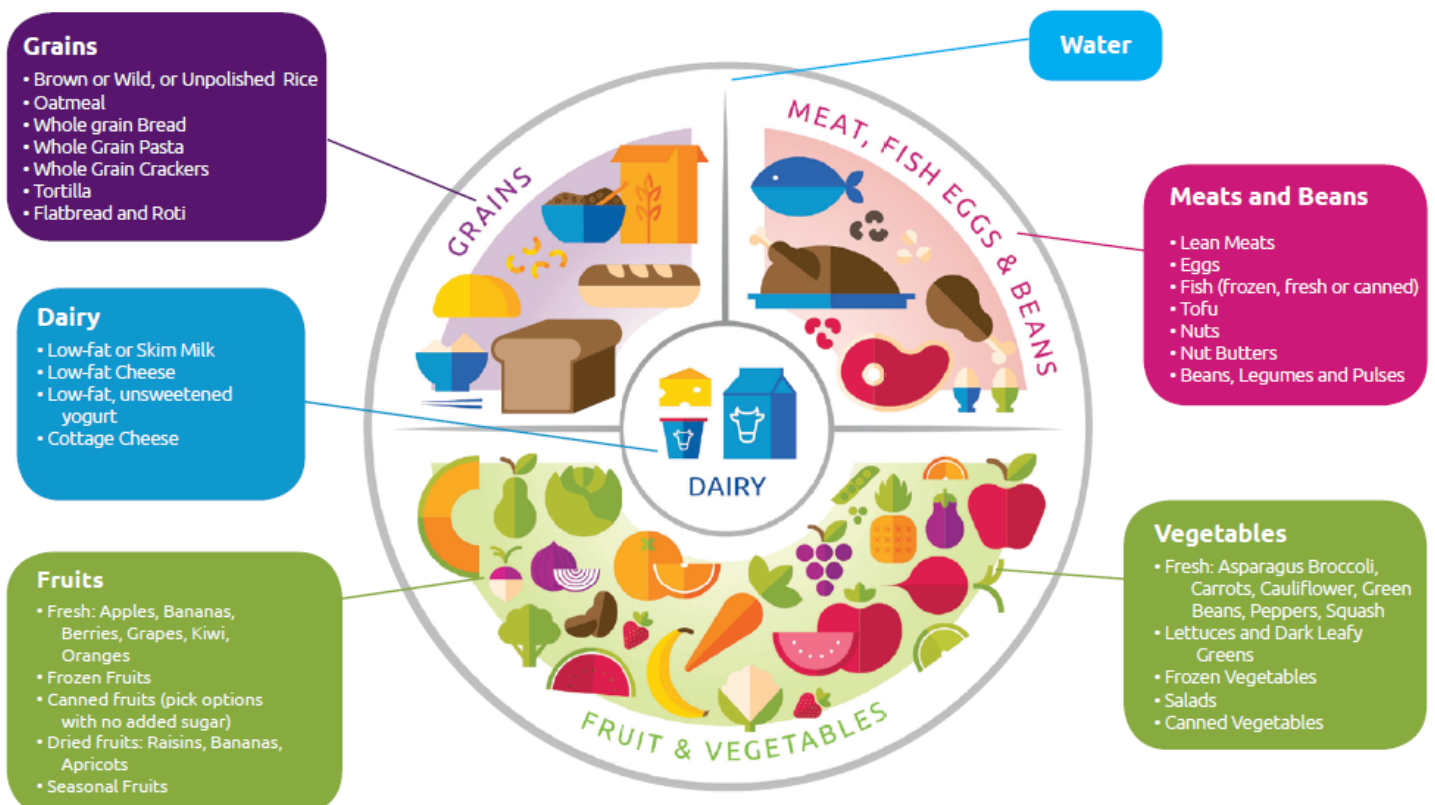


# HEALTHY FOODS

You know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should eat.

Here is a list of all the food groups and some great choices in each group:



## CARDIO

### 1 Endurance Activities

#### A MARCH AND SWING ARMS

- March in place. Lift your knees up as high as you can. Go at a steady pace for 60 seconds.
- As you bring your knee up, swing the opposite arm in front of you.
- Switch your arms when you switch your legs.

1



2



## CARDIO

### 1 Endurance Activities

#### B ARM AND LEG RAISE

- Start on your hands and knees.
- Slowly lift your right leg and your left arm until you make a straight line from heel to fingertip. Lower your arm and leg back to the starting position. Repeat 10 times.
- Repeat the same movement using your left leg and right arm. Repeat 10 times.
- Keep this exercise slow to help you balance.

1



2



## CARDIO

## 1 Endurance Activities

**C JUMPING JACK SQUAT**

- Stand with your feet together and your arms down by your sides.
- Jump up and spread your legs apart as you swing your arms over your head.
- As you land with your legs apart, bend your knees and go into a wide squat.
- Jump up and bring your arms back to your sides and your legs together.
- Repeat 20 times.



# FLEXIBILITY

2

## Stretching Activities

A

### MODIFIED HURDLER

- Sit on the floor with your left leg straight out in front of you.
- Bend your right leg. Place the bottom of your right foot on the inside of your left knee. Let your right knee fall towards the floor.
- Keep your back straight. Bend your hips toward your left knee and reach toward your left foot. Hold for a count of 10. You should feel a stretch in the back of your left leg and the inside of your right hip.
- Repeat this stretch with your right leg straight and your left leg bent. Hold for a count of 10.



# FLEXIBILITY

2

## Stretching Activities

B

### SIDE STRETCH

- Stand tall with your feet a little wider than your hips.
- Bring your left arm up so that it is close to your ear.
- Bend sideways at your waist toward your right side and hold for a count of 10. Keep your arm next to your ear the whole time. You should feel a stretch in the left side of your torso.
- Repeat with your right arm up and your left side bent. Hold for a count of 10.



## FLEXIBILITY

2

### Stretching Activities

#### **C** SHOULDER ROTATION STRETCH

- Stand or sit tall.
- Put your right arm next to your ear. Bend your elbow and reach your hand down as far as you can on your back.
- Now reach your left arm behind your back. Bend your elbow and reach your left hand as high up on your back as you can. Hold for a count of 10. You should feel a stretch in both shoulders.
- Repeat the stretch with your left arm next to your ear. Hold for a count of 10.

1



2



3





## AGILITY

### 3 Cone Activities

#### A SPRINTS

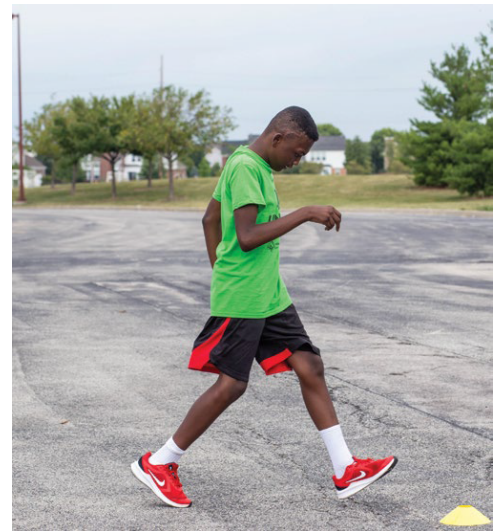
- Place 2 cones 10 big steps apart.
- Sprint straight from one cone and then back to the other.
- Continue the activity for 30 seconds, rest and repeat.



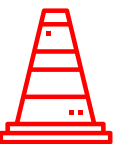
1



2



3





## AGILITY

## 3 Cone Activities

## B "M" SPRINTS

- Place 5 cones in an "M" shape.
- Sprint between each cone.
- Repeat 5 times either backpedaling, side shuffling or a combination of other locomotor movements (hopping, galloping, skipping) between cones.

