

# BREAKING DOWN



## WARM UP

What type of activities do you do?

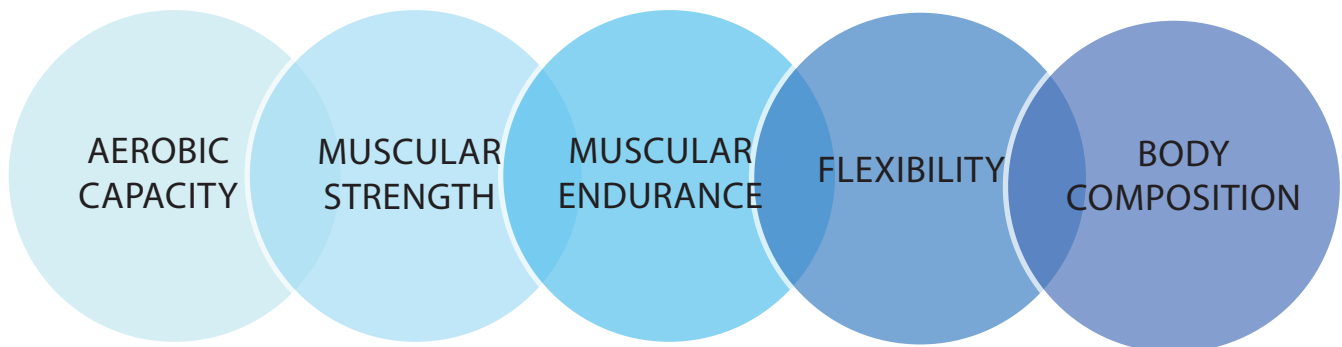
Circle the activities you do most often.

- |                        |                 |                 |                        |                            |
|------------------------|-----------------|-----------------|------------------------|----------------------------|
| <b>LIFTING WEIGHTS</b> | <b>SQUATS</b>   | <b>DANCING</b>  | <b>CLIMBING STAIRS</b> | <b>LIFTING HEAVY BOXES</b> |
| <b>RUNNING</b>         | <b>YOGA</b>     | <b>PUSH-UPS</b> | <b>BICYCLING</b>       | <b>STRETCHING</b>          |
| <b>LUNGES</b>          | <b>SWIMMING</b> | <b>PLANKS</b>   | <b>PILATES</b>         | <b>SIT-UPS</b>             |

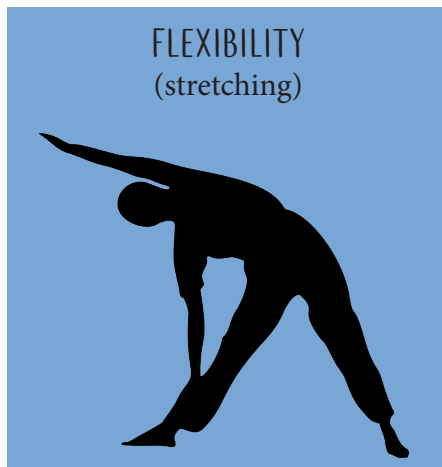
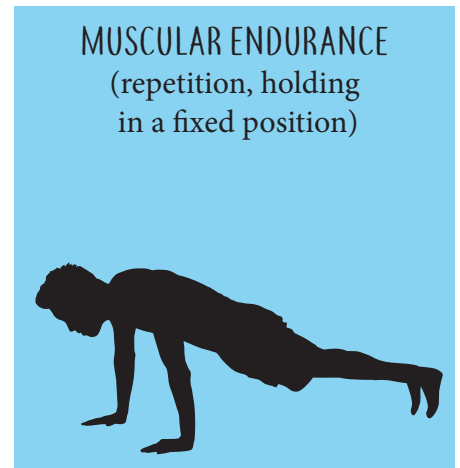
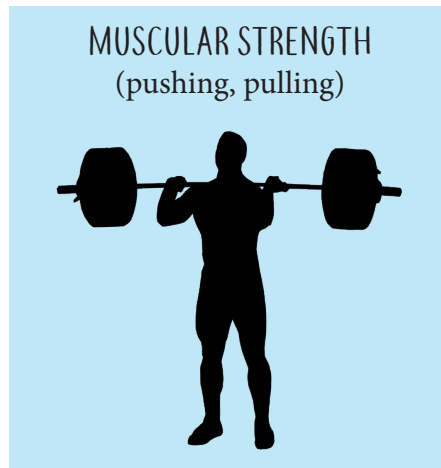
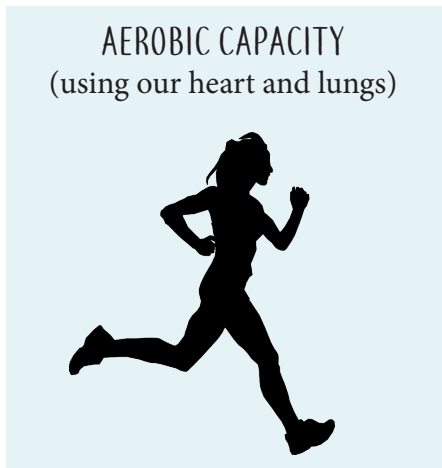
**RED** activities increase your aerobic capacity. **GREEN** activities use your muscular strength. **ORANGE** activities improve your muscular endurance. **YELLOW** activities affect your flexibility.

Active families can help improve everyone's health and can help achieve a healthy body size. Being active can decrease risk for certain diseases, such as Type 2 diabetes and heart disease. Being active in childhood is also linked to leading an active life in adulthood.

During the last lesson, your child learned about the physical activity recommendations. During this lesson, your child learned about the five components of physical fitness.



One physical activity can fit into more than one component. Doing activities in all components of physical fitness helps your body become stronger. Examples of each component are shown below.



## — TRACK YOUR ACTIVITY —

Parents and students,

Below are some ideas of activities you can do together. Once you've completed an activity, check it off below.

Challenge: See if you can complete all activities in a week!

- Dance together for 15 minutes
- Play a ball game (football, soccer, basketball, etc.)
- Stretch in your living room
- Go on a walk
- Push- up challenge - see how many you can do in a minute!