



HOME PLAY

Move More

You don't need to be a cardiologist (heart specialist) to know your heart is important. It beats around 35 million times per year. There are many benefits to giving it regular workouts. Regular activity reduces risk of heart disease, lowers blood pressure, improves cholesterol levels, and decreases body fat. It has also been shown to decrease anxiety and depression. So, keep your heart going strong. Get it pumping every day.



HOME PLAY

Fitness Focus

Count your heartbeats for 10 seconds, then multiply this number by 6 to get your beats per minute. Youth resting heart rates are around 70-100 BPM (beats per minute) with a maximum exercising rate of around 200 BPM.



HOME PLAY

Fitness Focus

There are more than 600 muscles in your body. You can control your skeletal muscles. You use them when you want to jump rope, kick a ball, or chase your little brother out of your room. Choose 2 muscle groups to work to improve during the next week. Then, do resistance exercises to make them stronger.



HOME PLAY

Fitness Focus

Yoga is a form of exercise over 3000 years old! Yoga uses stretching poses to increase your flexibility and improve your control of breathing. Yoga is a great way to relax, exercise, and reduce stress from homework, chores, and school drama. There are lots of yoga videos and classes designed for kids. Ask your parents to help you look for the right one for you!



HOME PLAY ACTIVITIES



HOME PLAY

Food Fact

Did you know that some types of fat are good for you and others aren't? Experts recommend kids your age eat 60-75 grams of healthful fat each day. Look at food labels to see how many grams of fat each serving has. Stay away from hydrogenated / Trans Fats, reduce saturated fats, and eat mono- and polyunsaturated fats found in olive oil, fish and other healthful foods.



HOME PLAY

Move More

Make your own set of cards with favorite exercises and stretches. Include the number of repetitions for each. Put 1 card in each room around your home. Each time you go into that room, do the exercise. Think about which exercises are the most appropriate for each room. For example, you won't want to do sit-ups in the bathroom, but a hamstring stretch in the shower might be perfect!



HOME PLAY

Move More

You should try to be physically active for 60 minutes every day. Sometimes we don't get enough from PE, recess or playing after school. A great way to reach your 60 minutes is to be active with your family at home. You could go for a walk together, ride your bikes, or just play in the backyard. Talk with your family about some ideas you have for being active at home!



HOME PLAY

Character Matters

Sharing is a skill that doesn't just apply to preschool kids. It is important to share when you are playing with your friends as well. This could mean doing an activity the other person wants to do, going to each other's home, or sharing your stuff with your friend. It could also mean to share your ideas with others and tell them how you feel. This works with your siblings as well!



HOME PLAY

Food Facts

Eating seafood a few times a week is good for your heart. Many seafoods have healthy oils called Omega 3s in them and they help lower your risk of heart disease. What types of seafood have you eaten? Which do you like best?



HOME PLAY

Fitness Focus

A lot of kids think that being physically active means playing sports, riding your bike, or doing push-ups. Actually physical activity is anything that makes you breathe harder and makes your heart beat faster. Knowing that, can you think of some different ways to get your 60 minutes of physical activity outside of school?



HOME PLAY

Move More

A risk factor is something that increases a person's chances of developing a disease. For example, cigarette smoking is a risk factor for lung cancer, and obesity is a risk factor for heart disease. Decrease your chances for developing risk factors by eating healthfully and getting a lot of physical activity. One risk factor you can't control is genetics. Find out from your parents if there is heart disease in your family. If so, you need to be extra careful to avoid any of the controllable risk factors!



HOME PLAY

Move More

How many ways can you use paper plates to get your body moving at home? Try standing on them and volleying a balloon or beach ball with a friend. How about putting your hands on 1 plate and feet on another and doing the inchworm? What else?



HOME PLAY

Move More

Find an aerobic dance DVD or go online to find a video. Try it at home. Gather your family and lead them through a 5-10 minute aerobic dance routine. Don't forget the leg warmers!



HOME PLAY

Fitness Focus

Have you ever heard of the Harvard Step-Test? It is a way to measure aerobic capacity developed back in the early 1900s by the Director of Physical Training at Harvard University. Look it up and try it at home. How did you do?



HOME PLAY ACTIVITIES



HOME PLAY

Character Matters

If you are on a sports team, in a club, or involved in after school activities with others, it is necessary to use cooperation to make decisions together, share materials/equipment, and/or come to agreements. These are important skills to have when you are working with others. Cooperation allows everyone a chance to participate and reach a common goal in a positive, supporting environment.

**HOME PLAY****Character Matters**

Cooperation and teamwork help make a happy family. Working with your siblings gets chores done faster. Helping your folks makes them feel good and more likely to venture to do more things. It also teaches you about others and helps you problem solve.

**HOME PLAY****Move More**

Get a length of rope, 2 friends or family members, and practice jumping at home. Check out various websites (e.g. www.funjoint.com/outdoors.htm) to learn jump rope chants. They make jumping lots of fun.

**HOME PLAY****Character Matters**

If you are able, help others who may need your help. Look for someone in your neighborhood who may need help with something like taking trash cans out, weeding, raking, or other chores they may not be able to do. It helps them and makes you feel good. It's a win, win.

**HOME PLAY****Food Facts**

Knowledge is Power. How are the chickens you eat treated during most of their lives? The US Department of Agriculture considers 5 minutes of daily open-air access adequate for their "free range" label. That simply means a small door could be open for just 5 minutes/day, whether or not the chickens see it or use it. Sound like a good life?



HOME PLAY

Food Facts

Ever hear of smorgasbord? It is a type of meal, usually served buffet style that offers a wide variety of foods. Imagine a smorgasbord of all healthy foods. It would be good to try a little bit of every type of food available. In other words, cut out the old boxed mac and cheese and chicken finger kick and try a smorgasbord of new healthy items. Your body will thank you for it.



HOME PLAY

Move More

Make your rope jumping a social event. Moving with friends makes it more fun! Schedule a rope jumping “date” and try to keep moving for 30 minutes. Have fun!



HOME PLAY

Food Facts

My Plate came out in 2010 by the USDA and helps us make better food choices. It is designed to remind us to eat healthfully by showing a plate and dividing it up into 4 quadrants: fruits, vegetables, grains, and proteins. Dairy is on the side (as in a glass of milk). Check out the ChooseMyPlate.gov website to learn more. Come back with at least 1 guideline to share.



HOME PLAY

Character Matters

Trust: (*noun*) The ability to rely on the integrity, strength, ability, character, etc., of a person or thing – confidence. Trust makes communication meaningful, interaction respectful, and acceptance possible. Are you trustworthy? What makes you say so?



HOME PLAY ACTIVITIES



HOME PLAY

Character Matters

Cooperation: (*noun*) A common effort of a group for common benefit. Do you feel you were a cooperative partner for turning? Who was the leader? How could you tell?



HOME PLAY

Fitness Focus

After jumping double dutch for a while, your leg muscles may get fatigued, or tired. After you jump, give yourself time to stretch your calves, quads, and hamstrings.



HOME PLAY

Move More

Use 16' or so of 1" wide elastic to create 2 movement bands. Make a loop at each end to fit around your ankles with either a knot or a seam. Now get 2 friends to take turns with you being Enders and Jumpers. Have fun!



HOME PLAY

Fitness Focus

A strained muscle means the muscle has been stretched too far. Muscle strains in legs are common. Warming up before you are active does not mean stretching. It means moving slower than you do for the actual activity, like moving your arms in big, slow circles before you swim. Stretching after you exercise is good practice because your muscles and tendons are already warmed-up.



HOME PLAY

Fitness Focus

How many different sports and activities can you think of that require jumping and landing? Write a list and check them off when you try each one. Have fun finding out the world's records for the longest long jump, highest high jump, highest pole vault, and farthest ski jump.



HOME PLAY

Character Matters

Working together as a team takes cooperation and communication skills. Being part of a family also takes these skills. Helping around the house is all part of it. What chores can you do to help your family? How can you be a better communicator so everyone knows what you are thinking and planning to do?



HOME PLAY

Character Matters

Concern: (*noun*) A significant interest or regard involving the welfare and happiness of an individual or group usually arising through a personal tie or relationship. How do you show concern for others at school? At home? Does it seem like others show concern for you? How so?



HOME PLAY

Character Matters

Using cooperative skills helps when working in a group. Can you imagine a time when you wouldn't use cooperation when trying to achieve a common goal? Probably not. In many cases, cooperation is combined with concern. Being interested in the happiness and welfare of others, or showing concern, makes the world a better place.



HOME PLAY

Move More

Take a walk/jog around your neighborhood. Jog around 1 block, walk the next one. Alternate walking and jogging for 20-30 minutes to benefit aerobic capacity, muscular endurance, and body composition.



HOME PLAY

Fitness Focus

Commit to daily physical activity: 60 minutes a day, a minimum of 5 days per week. If 60 minutes at one time is too difficult, break your total activity into 10 or 15-minute sessions to help fit your busy schedules.



HOME PLAY

Fitness Focus

Log your physical activity this week. Note how many times you are unable to carry on a conversation while active. This signifies vigorous activity. How many days were you vigorous? It is recommended that you engage in vigorous activity at least once a day. Now go out there and breathe hard!



HOME PLAY

Food Facts

Have you tried the Water Switcheroo? Sweetened drinks like soda are the leading source of added sugar in kids' diets. A 12 oz. can has about ¼ cup of sugar and some kids drink 4-5 sodas/day! Some teenagers drink over 100 gallons of soda/year! That's enough to fill a gas tank on a car more than 8 times! So try switching your soda for water. It's free, helps keep you hydrated, has no calories, and quenches your thirst!



HOME PLAY

Move More

Instead of thinking of chores simply as things to avoid, change your attitude. Think of them as a good workout. Use your siblings as tag team partners and get those around-the-home-projects done in no time! You share the work, save time, and get more fit: it's a win, win, win!



HOME PLAY

Character Matters

Leadership: (*noun*) The ability and competency to provide direction or guidance to self and others. What makes a good leader? What characteristics do you appreciate in a good leader? Do you think leaders are born or made?



HOME PLAY

Fitness Focus

Setting goals and involving others are both great ways to motivate yourself to get and stay fit. Find a buddy and set some goals that will push both of you to reach them.



HOME PLAY

Food Facts

Be a wellness scavenger and hunt through your house for healthy foods. Make a list of all the healthy foods available and grab those when you are hungry. Better to eat healthy foods than road kill like your scavenger friends in the animal world.



HOME PLAY

Move More

Make a game out of one of your chores so it's more fun to do. Time yourself making your bed. Make patterns in the carpet when you vacuum. Stack the dishes in a creative way when washing. What can you come up with?



HOME PLAY

Food Facts

Go Low! Choose fat-free or low fat (1%) milk, yogurt, and cheese to keep your overall fat intake low.



HOME PLAY ACTIVITIES



HOME PLAY

Fitness Focus

Interval training is made up of bursts of high-intensity activity followed by rest or low-intensity activity. It is used to help build aerobic capacity and speed. A sample of an interval workout, after warm-up, might include 1 minute of fast running followed by 1 minute of walking, repeated 10X. Try adding some interval training to your regimen this week.



HOME PLAY

Fitness Focus

Working out with a partner keeps you motivated and helps you to stay with a program. When someone is counting on you and you are counting on them, you both need to be reliable and do what you say you'll do. Schedule a routine and stick with it. Encourage each other and work out any kinks together.