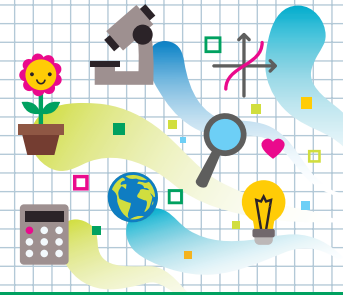




HEADS IN, HEARTS IN

My Favorite Exercises Are...

Instructions for Set-Up



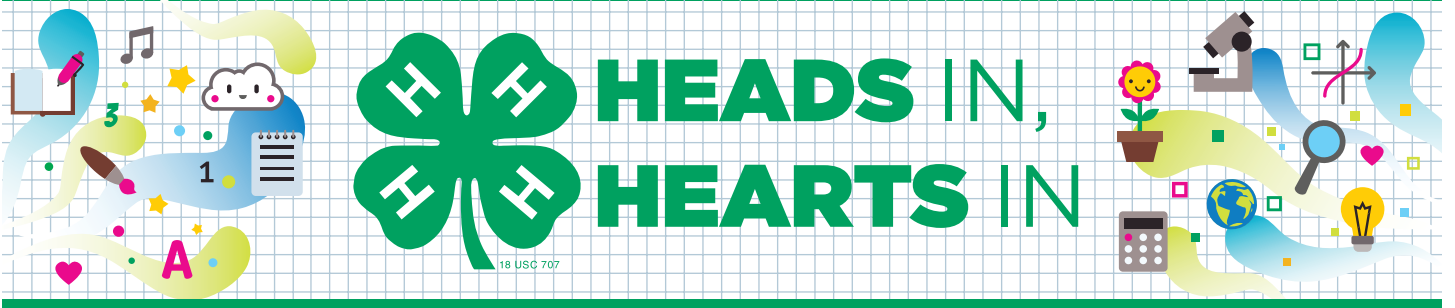
Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- Round balloons (1 per participant)
- Permanent markers
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Set up the display table with necessary supplies.





My Favorite Exercises Are...

Guide for Families

Learning Objectives

What you need to know:

Physical activity is important for every young person's growth and development. Getting 60 minutes or more of physical activity a day helps you stay healthy. You are much more likely to be active if your family is active. Being active doesn't have to be complicated! It can be as simple as going for a walk, bouncing a ball back and forth, or playing on a playground. Doing physical exercises such as jumping jacks or touching your toes can be fun too.

What you will do and learn:

You will name several physical exercises you like to do. You will create an individual balloon and toss it to choose an exercise to perform.

Instructions

1. Choose a balloon and blow it up. You may need to ask an adult for help.
2. Think of several physical exercises you like to do.
3. Consider how long you should do that exercise or how many times it should be done (for example, 5 jumping jacks or arm circles for 30 seconds).
4. Take a permanent marker and write those exercises on the balloon along with how long or how many times you should do it. For example, if you like to do sit-ups, you may write, "20 sit-ups" or if you like to do wall-sits, you may write, "wall-sits for 30 seconds." (Other exercises might include toe-touches, squats, the plank and push-ups. You can also hop on one foot, jump on two feet, skip or dance.) Ask an adult if you need help thinking of ideas or writing on the balloon. Write as many or as few as you can think of.
5. Toss the balloon up in the air. After you catch it, look where the thumb on your right hand lands. Do that exercise. If it lands on an empty space, keep tossing until it lands on an exercise. When you are done with one exercise, toss the balloon in the air again to see which one you'll do next.
6. Take your balloon home to continue doing physical exercises.