

GET MOVING

Stay in shape through exercise

Materials: Worksheets, timer, music (optional)

Directions: Read the worksheet, complete the activity and discuss with the Group.

Would you rather watch TV than run around outdoors? Do you think playing a video game is more fun than riding your bike or taking a walk? Do you get bored doing the same old exercises?

Exercise doesn't have to be boring!

Exercise provides our bodies with special things we need. Exercise helps build strong bones and muscles, lets us sleep better, keeps our weight in check, and gives us a happier outlook.

A fun way to give your body the exercise it needs is by doing something you enjoy. Let's put our minds together and create a short exercise routine to help us stay in shape.

ACTIVITY INSTRUCTIONS

- 1 Separate into pairs. Together, create a short exercise routine to share with the Group. Your routine can be done to music, to a chant or you can just show off your moves. Try to use as many different exercises as you can.
- 2 The exercise routine must be completed here. So, if your routine includes playing a specific sport that requires more space and equipment, you may have to get creative in how you demonstrate it.
- 3 You have 10 minutes to create your routine. When the timer goes off, each pair will perform their exercise routine for the Group.

(Set the timer for 10 minutes.)



Let's get moving!

