

IT'S YOUR CHOICE

Exercise

for fun and health

Materials: Worksheets, "If You Don't Take Care Of Your Body, Where Else Are You Going To Live?" DVD (Chapter 7)

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

Have you heard the expression, "Move it or lose it"? What does it mean?

It means movement — or physical activity — helps us maintain a healthy body and a proper weight. Moving also stimulates our brains. It can make us smarter!

Let's watch a video and learn an excellent way to stay in shape called the "30-Day Fitness Challenge."

The goal of the challenge is to collect 300 points by exercising and making healthy choices. Let's watch Jack as he completes his 30-day challenge. Afterwards, we'll practice some of his choices.

STEP ONE

Watch the movie and complete the exercises with Jack.

STEP TWO

For the next 30 days, your challenge is to practice the exercises each day. Our goal is to make healthy choices and stay fit!

