

EXERCISE FOR HEALTH

Jumping jacks for joy!

Materials: Worksheets

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

Today, we're going to talk about exercise.

Why is it important to exercise?

Because it helps build strong bones and muscles. Exercise also keeps you at a good weight. But exercise does even more for us. It helps us pay attention because we feel good and it lets us sleep better at night.

Can you think of other reasons to exercise?

Raise your hand if you want to share your ideas with the group.

Let's practice getting some exercise.

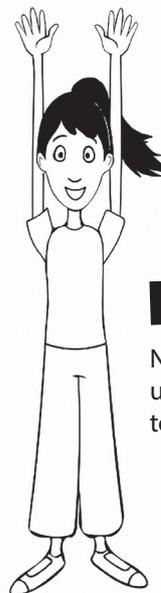
Jumping jacks are a great way to exercise, especially when you don't have a lot of space.

You also don't need any special equipment. Watch and follow along as we show you how to do jumping jacks using the letters X and i.



STEP ONE

Make your body into a giant X.



STEP TWO

Next, make your body into a giant i, using your hands above your head to make the dot.

Now, let's slowly speed up the process... one, two, one, two, one, two.

OK, that looks great.

Let's see how many jumping jacks you can do. Do you think you can do 30?

Let's try!

When you get home, you can teach your family how to do jumping jacks. You might want to set aside a few times a day to practice, but be sure you don't bother anyone with your exercise. Even better, get them to join in on the fun!

