

FIT FOR LIFE

A-maze yourself and build endurance

Materials: Worksheets, maze templates, pencils
 Directions: Read the worksheet, complete the activity and discuss with the Group.

Skye couldn't cross the finish line in the Jump Rope Rally. Why?

 She was out of shape. Skye hadn't taken the time to build up her endurance before the race.

What is endurance? Endurance is your body's ability to stay active for a long period of time.

It's important to build up our endurance before fitness activities, like running, jumping rope, hiking or dancing. If we don't have endurance, we'll wind up out of breath and we can't continue.

 To build up endurance, you need to do something active every day. For example, if your favorite activity is hiking up hills, you could walk for 15 minutes the first week. The second week, you could walk for 25 minutes. You could increase the time you spend walking every week — which will build up your endurance. You'll conquer those hills!

ACTIVITY INSTRUCTIONS

- 1 Think about your favorite activities. Write them in the worksheet box.
What are some ways to build up endurance to complete those activities? Write them next to the activity in the worksheet box.
- 2 Pick your favorite activity from the worksheet list and write it in the middle of the maze. On each corner of the maze, write one of the ways you can build up endurance to do your favorite activity.
- 3 Using a pencil, figure out how to get from each corner through the maze to reach your goal — your favorite activity.
- 4 Take your worksheet and maze home. When you've been sitting around, read it and get A-MAZINGLY active!

ACTIVITY	WAYS TO BUILD UP ENDURANCE



