

CLIMB HIGHER

Sweat it for the long haul

Materials: Worksheet copies, timer

Directions: Read the worksheet, complete the activity and discuss as a group.

Physical activity that gets our hearts pumping is vital to good health.

Endurance, or stamina, allows us to keep going without tiring or quitting too soon.

We increase our endurance through repetition and lengthening our exercise routines. For example, you may start out walking half a mile the first week; extending the walk to one mile the second week.

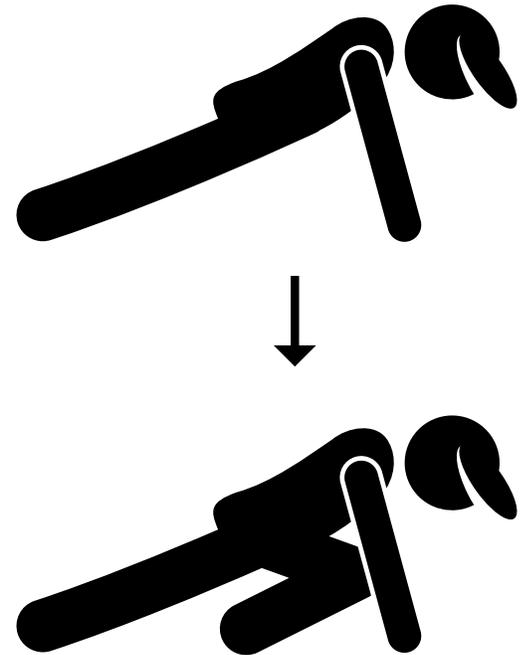
In today's activity, we're going to evaluate our endurance levels by doing the mountain climber exercise.

ACTIVITY INSTRUCTIONS

- 1 Get into an upright pushup position with your arms straight and directly beneath your shoulders. Bend your right leg into your chest, while keeping your body straight and left leg extended. As you perform the exercise, squeeze in your abs.
- 2 Now, switch legs. Bend your left leg into your chest, while keeping your body straight and right leg extended. As you perform the exercise, squeeze in your abs. We will continue to switch legs and repeat the exercise for 3 minutes.

(Set the timer for 3 minutes.)

- 3 When the timer sounds, stop exercising. Did anyone stop before the time was up? Who is out of breath? What does this activity tell you about your endurance level?
- 4 Keep practicing the mountain climber exercise and others to increase your endurance!



Mountain Climbers