

MOVE IT

Exercise

every part of you!

Materials: Worksheet copies, pens or pencils

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

“The heel bone’s connected to the foot bone.
The foot bone’s connected to the toe bone...”

Remember that song from years ago?

Well, it’s true!

Every part of your body is connected. Exercise benefits your entire body — from the top of your head right down to your toes.

Regular exercise keeps your mind alert and your body flexible. Before we begin today’s activity, let’s read some healthy exercise habits.

HEALTHY EXERCISE HABITS

- Get at least 60 minutes of physical activity daily.
- Warm up for 5-10 minutes to prepare for exercise and prevent injuries.
- Cool down for 5-10 minutes to help your body recover from exercise.
- Stretch after warming up or exercising to increase flexibility, range of motion and blood flow to muscles.
- Drink plenty of water.

STEP ONE

We’re going to set some goals to keep our bodies healthy for one month. Complete the following sentences.

For one month, I will:

Exercise at least this number of days per week

Exercise for this length of time on those days

Play these sports or do these activities for exercise

.....

Drink this many glasses of water every day

I will continue to exercise regularly, because

.....

STEP TWO

Let’s discuss our goals to keep our bodies healthy. Then at the next meeting, we’ll share how our exercise plans are progressing.

