

## Build Your Body's Pyramid

### Exercise Outcomes:

- ♥ Improves Cardiovascular Capacity
- ★ Promotes Flexibility and Balance
- 👊 Develops strength

### Nutrition Lesson(s) Supported:

-My Pyramid

### Supplies Needed:

- Stopwatch
- Light hand weights or cans of food
- Hat and notecards

### Length of Time to Complete:

10 minutes

### Audience (grades): K-5

### Background:

The food pyramid breaks foods in to many different categories. It is important to eat foods from each category each day. Your body is similar. Your body has different sections and it is important to exercise each one several times a week.

### Directions

Describe the different parts/sections of the body – upper body, core, lower body and heart/lungs for aerobic exercise. Write exercises on note cards and randomly pull them out of a hat (there is no rule about what is done first, just do it). Perform an exercise for each part of the body. Upper body – pushups or shoulder presses with weights, core – lifts or leg drops, lower body – squats or lunges and aerobic – jumping jacks or running in place for time.

### Modifications:

Think up different exercise for different body parts – tricep dips for the upper body, side holds for the core, side leg lifts for the lower body or exploding squats for aerobic.