

## Fitness is FUN!

### Goals:

- *Students will discuss the importance of cardiovascular exercise, strength training, and flexibility*
- *Students will practice these three types of exercise*

**Audience:** K-2nd

### Lesson:

Leader: Do you know why it is so important to exercise?

Leader: Exercise helps your body stay healthy! It strengthens your heart, lungs and muscles. It helps you feel energized, prevents disease, and enables you to maintain a healthy weight.

Leader: Today we are going to talk about 3 different types of exercise and why it is important to do all three! First, there is cardiovascular exercise. This is the type of exercise that gets your heart beating fast and often leaves you short of breath. Cardiovascular exercise or 'cardio' helps strengthen your heart! Did you know that your heart is a muscle? Its job is to pump blood throughout your entire body. Your heart never gets a break; it pumps blood 24 hours a day, 7 days a week! In one day, your heart pumps over 2000 gallons of blood, and that blood travels over 12,000 miles, in just one day! The more you exercise, the stronger your heart becomes, and the easier it is to do its job. To build a strong, healthy heart, you should exercise at least 2-3 times per week for 20 minutes. Can you think of exercises that we can do to get our hearts pumping?

Leader: Let's practice!

Everyone stand up! Let's pretend there is a jump rope on the ground. We're going to jump over this rope with two feet, ready, set go! (After one minute begin next exercise)

Let's jump with one foot, ready set go! (After 30 seconds switch to the other foot)

Now let's try a different exercise, jump up and try to touch the ceiling and then squat down and touch the floor, ready set go! (Do about 10 reps)

Okay, everyone freeze! Place your hand over your heart. Be very still, can you feel it working extra hard? This is how you build a strong heart!

Leader: The next type of exercise is strength training. Strength training helps build strong muscles throughout your body, supports good posture, and helps you maintain a healthy weight. Having strong muscles in your back and abdomen, your 'core' area, helps your body stand up tall and also prevents you from falling and hurting yourself. Have you ever stepped on ice and felt like you were going to fall? Did you notice that when you felt the unstable ground, your body, especially your stomach tightened up? This is an example of your 'core' working hard to make sure you stand upright and don't get hurt.

When you are young and still growing, you don't need to lift heavy weights to build a strong body. Everyday exercise, like playing on the monkey bars or carrying your back pack can help build strong muscles. Aim to work your muscles at least 2 times per week.

Leader: Let's practice a few exercises that you can do to keep your muscles strong!

Everyone sit down in your chair nice and tall. Now stand up without using your hands. Let's try this one a few more times! Remember to hold your belly in; this will help maintain your balance.

Okay, now let's pretend that we are about to sit down, but just before your bottom touches the chair, FREEZE! Let's hold this position for 10 seconds! Feeling strong? Let's try 30 seconds!

Leader: Now that we've exercised our hearts and strengthened our muscles, we are going to end our lesson with some flexibility exercises. Stretching helps lengthen our muscles, prevents injury, and helps us 'stay loose'. You should stretch only after you've warmed up your muscles.

Are you ready to get loose?

Everyone stand up nice and tall. Place one arm behind your back. Now take your other arm and reach around and try to clasp onto your other hand. Hold this position for 30 seconds and then try the other arm.

Now let's reach to the sky, slowly bend forward, and try to touch the floor, hold this position for 30 seconds. Now slowly roll your body up, and take a nice deep breath! AHHHHH! You can sit back down. Stretching feels so good! You can stretch your muscles every day; just remember it is important to warm up first!

Leader: Today we learned about the importance of three different types of exercise:

1. Cardiovascular exercise helps build a strong heart
2. Strength exercises help build strong, sturdy muscles
3. Flexibility exercises help lengthen and 'loosen' our muscles.

All three types of exercises are important for a healthy body!