



Fitness Forward Choice Board

Pick an activity below. This week do 10 out of 12 activities to meet your physical education requirement.
 During Summer Vacation, keep this choice board on your wall for ideas for staying healthy and active.

Student Name:

<p>Hydrate with Water! Thirsty? That means your body needs WATER! Don't grab drinks with added sugar – grab good old-fashioned water.</p>	<p>TABABTA HIIT WORKOUT 1) Jumping Jacks (20 Sec) 2) Planks (20 Sec) 3) Jumping Jacks (20 Sec) 4) Push-Ups (20 Sec) 5) Jumping Jacks (20 Sec) 6) Burpees (20 Sec) 7) Jumping Jacks (20 Sec) 8) Planks (20 Sec)</p>	<p>Fruit is the original snack food! For an entire day, eat fruit as your snacks. Skip all the other snacks and focus on fruits.</p>	<p>20 Min RUN-WALK HIIT 1) Walk (2 Mins) 2) Run (1 Min) 3) Walk (3 Min) 4) Run (2 Min) 5) Walk (4 Min) 6) Run (3 Min) 7) Walk (5 Min)</p>
<p>Choose any HIIT Workout from the Darebee 30-Days of HIIT Challenge</p>	<p>Crunch your Veggies! Today is a veggie snack day. Grab the crunchy stuff – like carrots or celery – and crunch today's snacks.</p>	<p>BURPEE TABATA 20 Seconds of Burpees 10 Seconds of Rest Repeat 8 times.</p>	<p>Try something new! Eating a variety of foods from all food groups is really important. Today, try a healthy food that you've never tried before.</p>
<p>Walk and DON'T talk. As you walk, listen to the sounds of the world around you. Pay attention to natural sounds, machine sounds, and human sounds. Wow – the world is a really interesting place to listen.</p>	<p>Your activity choice! Living a healthy and active lifestyle is all about making personal activity choices. You know what you like to do to <u>safely</u> move your body. Go do that for at least 15 minutes.</p>	<p>JUMPING JACK TABATA 20 Seconds of Jumping Jacks 10 Seconds of Rest Repeat 8 times.</p>	<p>Take a 15-minute WOG! A WOG is a combination of WALK and JOG. Begin walking. Then, lean forward and pick up the speed just a little. It's okay to take short, quick steps. If you can go 1 mile in just under 15 minutes, then you've set a good WOGGING pace.</p>

Highlight each choice-board square that you complete and then submit your completed board to your physical education teacher.