



LIFETIME FITNESS
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

WEEK 1 of 4

COURAGE: The ability to do what's right even though you feel fear.

*Corina showed **courage** on the first day of school. She came to class even though she felt nervous.*

Card Cardio Challenge: [\[Vimeo\]](#)

You'll need a deck of cards or a card app on your phone and the Card Cardio Exercise Chart from OPENPhysEd.org.

Pull a card from a shuffled deck and then complete the exercise that matches the card you pulled.

Finish the exercise and then pull another card.

After you learn how to play this activity, create your own (CYO) Card Cardio Challenges.

Purposeful Practice

WEEK 1 of 4

FITT Principle: The foundation of personal fitness planning. It stands for Frequency, Intensity, Time, Type.

*Boise used the **FITT** principle to create his monthly fitness plan.*

6-Minute FITT Dice: [\[YouTube\]](#)

Complete the 8, 30-second exercise intervals that match the number rolled on the die. There are 3 TYPES of exercise on the dice list: Aerobic, Muscular Fitness, Mindfulness.

- 1 – Jumps ([YouTube](#))
 - 2 – High-5 Breathing ([YouTube](#))
 - 3 – Slow Climbers ([YouTube](#))
 - 4 – Squat Hold Calf Raises ([YouTube](#))
 - 5 – High Knees ([YouTube](#))
 - 6 – Equal Breathing ([YouTube](#))
- [30-Second Interval Music on Apple Music.](#)

Just for Fun (and health)

WEEK 1 of 4

HEALTH BENEFIT: An improvement to a person's overall wellbeing resulting from a physical activity or food choice.

*A healthy immune system is one **health benefit** of regular aerobic activity.*

Fitness Categories Game:

The object of the game is to write 1 word per in each category that starts with the challenge letter given. You have 30 seconds to complete each category. For example, if the challenge letter is T – the exercise in the Muscular Fitness category could be Triceps Extension, a fruit could be a Tangerine, and so on. As a group, do 5 jumping jacks for every category left on each card without a valid answer.