

# LIFETIME FITNESS

## Menu Activity Cards

### BRAIN & BODY WARM-UP

**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

- Get a deck of cards or a card phone app.
- Pull a card from a shuffled deck. Then do the exercise that matches the card pulled.
- Finish the exercise, then pull another card.

Card	Exercise
Ace	1 Jumping Jack
2	2 Burpees
3	3 Squats
4	Touch 4 walls
5	5 Push-ups
6	6 Lunges
7	7 High-knees
8	8 Hops (on each foot)
9	9 Mountain climbers
10	10 Sit-ups
Jack	15-second plank
Queen	15-second down dog
King	15-second child's pose

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**MOTIVATION:** A reason to do something. The desire to reach a goal.

*Jenna's **motivation** for wearing her mask was to keep her family healthy.*

### Mission Possible

- You've got 3 minutes to complete the following mission:
  - 3 Reps: Get Down, Get Up
  - 5 Reps: Sit Ups
  - 5 Reps: Chair (Couch) Sits
  - 5 Reps: Triceps Dips
  - 1 Rep: Touch 4 Walls
  - 10 Reps: Lunges

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### BRAIN & BODY WARM-UP

**RELAX:** To become less anxious. To de-stress.

*Kendra used equal breathing is a way to help the body and mind **relax**.*

### This or That

- In this activity you will perform a tree pose if you agree with a statement that you hear. You will do jumping jacks if you disagree with the statement.
- The leader will call out a statement about the things they like. For example, “Apples are my favorite fruit.” If you agree and apples are your favorite fruit, perform a tree pose. If grapes are your favorite fruit, perform jumping jacks.
- Continue calling out statements, taking turns as leader.

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### PURPOSEFUL PRACTICE

**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 Challenge 1

- 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
  - 2 – High-5 Breathing
  - 3 – Slow Climbers
  - 4 – Squat Hold Calf Raises
  - 5 – High Knees
  - 6 – Equal Breathing

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### PURPOSEFUL PRACTICE

**INTENSITY:** The amount of effort used when performing an exercise or activity.

*Every day, we should get a least 60 minutes of physical activity that is at a moderate to vigorous intensity.*

### 6-Minute FITT Dice Challenge 2

- 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 – Split Jacks
  - 2 – High-5 Breathing
  - 3 – Plank Jacks
  - 4 – Scissor Arms
  - 5 – Seal Jacks
  - 6 – Equal Breathing

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### PURPOSEFUL PRACTICE

**FITNESS PLAN:** A course of action designed to reach a desired level of fitness.

*My **fitness plan** includes a variety of physical activities that I enjoy.*

### 6-Minute FITT Dice Challenge 3

- 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 – Climbers
  - 2 – High-5 Breathing
  - 3 – Plank Thigh Taps
  - 4 – Scissor Chops
  - 5 – Jump Knee Tucks
  - 6 – Equal Breathing

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### PURPOSEFUL PRACTICE

**INTENSITY:** The amount of effort used when performing an exercise or activity.

*Every day, we should get a least 60 minutes of physical activity that is at a moderate to vigorous intensity.*

### Out & Back Wellness Walk

- The object is to walk at a steady pace for 8 minutes.
- On the start signal, walk away from the starting point for a full 4 minutes.
- At the 4-minute mark, turn around and walk back.
- If you walked at a steady pace, at the end of the 8 minutes you will be back at the starting point.
- Can you maintain a pace that increases your heart rate?

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### JUST FOR FUN (AND HEALTH)

**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.

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**JUST FOR FUN (AND HEALTH)**

**HEART HEALTH ZONE:** A heart rate (Beats Per Minute) zone from 60% to 90% of Max HR (~120 to 180 BPM). This zone provides the maximum health benefit to one's heart.

*We are learning how to pace our activity intensity to stay in our **heart health zone**.*

### **EXERCISE WORD SCRAMBLER**

- Use the letters on the Word Scrambler Card to create and list the names of as many physical activity choices as you can.
- If you list an exercise that we can do in our personal space, we'll complete that exercise for 15 seconds. If more than 1 person has the same exercise on their list, we'll complete 30 seconds.
- Score a point for each valid name and a bonus point if you name an exercise that appears on another list.

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### JUST FOR FUN (AND HEALTH)

**EMOTION:** A natural feeling that happens because of a specific situation or in a specific environment.

*Happiness is a good **emotion** that everyone wants to feel.*

### 20 Questions (100 Reps)

- Pick an exercise, physical activity, or healthy food. The class gets 20 yes/no questions to gain clues and guess what the exercise, activity, or food is.
- The entire class must do 5 reps of a chosen exercise to earn a question. If the class ends up asking all 20 questions, they will do a total of 100 exercise reps.
- When the exercise, activity, or food is guessed correctly, pick a new leader to think of a new topic.