

# LIFETIME FITNESS

## FITT Dice Challenges

Complete 8 intervals in 6 minutes with 30 seconds of exercise and 15 seconds of rest.

Roll the die. Then, complete the 30-second exercise interval that matches the number rolled on the die.

There are 3 TYPES of exercises the challenge list:  
Aerobic, Muscular Fitness, Mindfulness.

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### CHALLENGE CHART 1

- 1 – Jumps** (Aerobic / Vigorous Intensity)
- 2 – High-5 Breathing** (Mindfulness / Low Intensity)
- 3 – Slow Climbers** (Muscular Fitness / Vigorous Intensity)
- 4 – Squat Hold Calf Raises** (Muscular Fitness / Moderate Intensity)
- 5 – High Knees** (Aerobic / Vigorous Intensity)
- 6 – Equal Breathing** (Mindfulness / Low Intensity)

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### SELF-TALK DISCUSSION

*Think about this...*

- The FITT Principle stands for Frequency, Intensity, Time and Type. Choose 1 of the 4 components and think about how it relates to good health and disease prevention. Be ready to discuss.

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### CHALLENGE CHART 2

- 1 – **Split Jacks** (Aerobic / Vigorous Intensity)
- 2 – **High-5 Breathing** (Mindfulness / Low Intensity)
- 3 – **Plank Jacks** (Muscular Fitness / Vigorous Intensity)
- 4 – **Scissor Arms** (Muscular Fitness / Moderate Intensity)
- 5 – **Seal Jacks** (Aerobic / Vigorous Intensity)
- 6 – **Equal Breathing** (Mindfulness / Low Intensity)

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### SELF-TALK DISCUSSION

*Think about this...*

- Heart Rate allows us to measure exercise **intensity**. The more intense an activity is, the faster our heart will beat. Why does your heart beat faster during physical activity? How does moderate to vigorous exercise help our hearts stay healthy? Be ready to discuss.

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### CHALLENGE CHART 3

- 1 – Climbers** (Aerobic / Vigorous Intensity)
- 2 – High-5 Breathing** (Mindfulness / Low Intensity)
- 3 – Plank Thigh Taps** (Muscular Fitness / Vigorous Intensity)
- 4 – Scissor Chops** (Muscular Fitness / Moderate Intensity)
- 5 – Jump Knee Tucks** (Aerobic / Vigorous Intensity)
- 6 – Equal Breathing** (Mindfulness / Low Intensity)

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### SELF-TALK DISCUSSION

*Think about this...*

- Every day we are striving to get 60 minutes of moderate to vigorous activity. But we don't have to get all 60 minutes at one time. It's okay to get 5, 15, or 30-minute chunks of activities. Movement breaks are a great way to build activity into your day. When can you schedule a movement break into your day? What activities can you use to help give your mind and body a boost? Be ready to discuss.