

# Fitness Fun

## HOW GREAT WERE WE?

Week 1

**Give a thumb to give your answer.**

- Do you know anyone that can help you be physically active every day?
- Do you know any physical activities that are good for your health?



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- Do you know how to practice equal breathing?
  - Do you know when it is helpful to practice equal breathing?



*We can always get better! What can we do the next time we meet to improve?*



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## HOW GREAT WERE WE?

Week 2

Give a thumb to give your answer.

- Do you know what the 5 food groups are?
- Can you name at least 1 food from each group?



- Can you recognize nervousness?
- Can you practice breathing to help improve your nervousness?



*We can always get better! What can we do the next time we meet to improve?*



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## HOW GREAT WERE WE?

Week 3

Give a thumb to give your answer.

- Do you know what HIIT Training is?
- Can you create your own HIIT Training routine?



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- Did you act in a responsible way during class today?
  - Will you be helpful and responsible at home?



*We can always get better! What can we do the next time we meet to improve?*

