RAISE YOUR VOICES FOR HEALTHY CHOICES!

The Healthy Choices in Motion curriculum has given your child the tools to explore the different types of physical activity and to learn about the benefits of living an active life. Let’s review what we have learned!

60 MINUTES OF PLAY EVERY DAY!

GET THE BENEFITS OF PHYSICAL EXERCISE!

IMPROVE SLEEP  IMPOVER MOOD

STRENGTHEN BUILD MUSCLE

EXERCISE THE LEVELS OF INTENSITY!

LIGHT MODERATE VIGOROUS

REMEMBER THE 5 COMPONENTS!

ENDURANCE AEROBIC

BODY COMPOSITION STRENGTH

OPPORTUNITIES ARE EVERYWHERE!

TAKE THE STAIRS DANCING

BIKING PUSH THE GROCERY CART

Reduce risk of Heart Disease

Improve mood

Aerobic Capacity: Oxygen to the Heart

Body Composition: Fat, Muscle, Bone

Flexibility: Range of Motion

Strength: Push/Pull Against Something

Endurance: Holding Muscles

Strengthen muscles and bones

Improve quality of sleep
HEALTHY CHOICES IN MOTION:
SPOTLIGHT MOVE - SQUATS!

CHECK YOUR FORM:
MAKE SURE THAT...
1. Your knees do not go over your toes
2. You are in a sitting position with your head and chest held high

First time? No problem! Stand in front of a chair to practice your form.

1. Stand with your feet shoulder’s width apart
2. Bend your knees and sit until your behind just touches the chair
3. Return to standing position, and repeat, keeping your head up and shoulders back

Do you feel your heart pumping and your legs tightening? If so, then you are doing squats correctly! Great job!

FUN INSIDE ACTIVITY

Have an animal race! Write the names of animals on slips of paper and place them into a hat. Draw an animal out of the hat and race a friend walking, crawling, or hopping like the animal you chose. Ready... Set... Go!!!

FUN ZONE

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