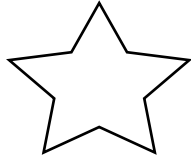

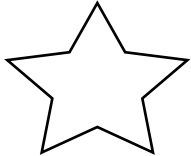




Exercise is FUN! Track your MOVES.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cardio					
Strength					
Flexibility					
Color in your STAR when you have completed your daily activities.					
BONUS ROUND					

Cardio: Did you know kids should be getting at **least 60 minutes** of moderate to vigorous activity a day? This includes activities that get your heart rate up and breathing a little harder. For example, a brisk walk, running, biking, skating, tobogganing, cross country skiing, and playground activities. Remember it doesn't have to be 60 minutes all at once.

Strength: Did you know kids should be doing at **least 3 days** of muscle and bone strengthening exercises a week? A fun way to incorporate this activity into your daily routine is to create challenges with your family and friends. For example, who can hold a plank the longest?

FUN FACT: Did you know a 62 year old man named *George Hood* from the USA held the plank for 8 hours, 15 minutes, and 15 seconds.

Flexibility: Stretching helps you prevent injuries by keeping your muscles flexible, strong and healthy. Did you know there are around 650 muscles in the body?

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_