

Mr. Smucker's Fitness Guide

Students in Mr. Smucker's P.E. classes have done these warm-up activities in station work for the past 12 weeks. Pick 5 activities per day and pick 5 random numbers and that is how many exercises students should do. Once students do them you can put a check mark in that box and move onto the next exercise. Keep going until all of the boxes have check marks in them.

Along with these warm-up exercises students should also engage in 30-60 minutes of cardiovascular exercise per day. This may include playing a sport, playing a game outside, playing on a playground, tag, or any other exercise that increases your heart rate. Whatever the exercise is, it should be fun and it helps if students can perform the exercise with others their age.

These are just a small sample of exercise that students can perform but is in no way an exhaustive list. Students who live a healthy, active lifestyle have a better chance of combating Heart Disease and Type II Diabetes. Students should be exercising for 60 minutes each day and remember to have fun.

-Mr. Smucker (Jordan Bank Health & P.E. Teacher)

[illegible]