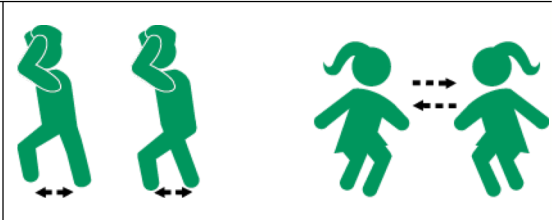
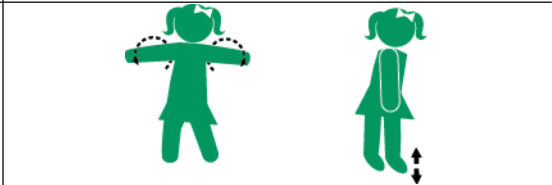
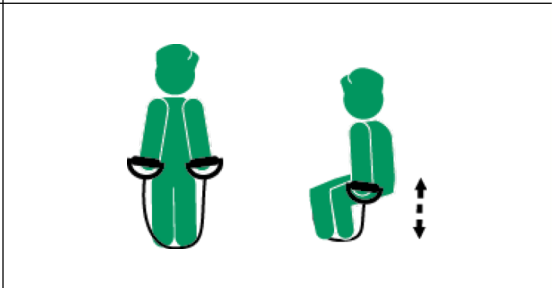
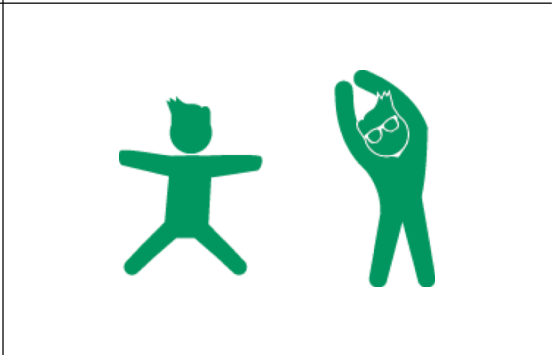


HEALTH-RELATED FITNESS CHALLENGE CARD

Directions: Complete each activity at the corresponding station.

<p>1</p>	<p>Cardiorespiratory Endurance</p>	<p>Shuffle Jumps (25 Seconds) – Feet together. Jump up and scissor your legs forward and backward. Land with one foot in front of the other. Repeat and land with the other foot in front.</p> <p>Ski jumps (25 Seconds) – Stand with your feet together. Bend your knees and jump side-to-side while keeping your feet together. Keep your elbows tucked and bent to look like a skier.</p>	
<p>2</p>	<p>Muscular Endurance</p>	<p>Arm Circles (25 Seconds) - Feet shoulder-width apart. Raise your arms to shoulder height, forming a T. Slowly make small circles with both arms.</p> <p>Standing Calf Raise (25 Seconds) - Feet shoulder-width apart. Slowly raise up onto the balls of your feet, squeezing your calves. Lower your heels back to the floor and repeat.</p>	
<p>3</p>	<p>Muscular Strength (With Exercise Band)</p>	<p>Bicep Curl (8 to 10 Reps) - Feet together, directly on top of the center of the exercise band. Hold the ends of the band with your arms at your sides and your palms facing out. Bend your elbows and slowly bring your hands up toward your shoulders. Slowly return to the starting position.</p> <p>Squat (8 to 10 Reps) - Feet shoulder-width apart, on top of the exercise band. Hold the ends of the band with each hand at your waist. Bend your knees and sit back as if you are sitting in a chair. Keep your back straight and your heels on the floor.</p>	
<p>4</p>	<p>Flexibility</p>	<p>Star Pose (Hold for 25 Seconds)- Feet out wide. Bend your knees slightly. Stretch your arms up and out with your palms facing the floor. Reach out through your fingertips. Relax your shoulders. Your body looks like a giant X. Breathe deeply.</p> <p>Crescent Moon Pose (Hold Each Side for 10 Seconds, then Switch) - Begin with your feet comfortably underneath you, 2 or 3 inches apart. Reach your hands up over your head with your palms together and fingers pointing to the sky. Slowly bend to the side at your waist, keeping your feet in place. Hold this pose for 10 seconds. Slowly straighten back up and repeat on the other side.</p>	
<p>5</p>	<p>Body Composition</p>	<p>Complete the MyPlate Activity sheet by drawing a balanced meal on the plate.</p>	