



## “12 Days of Fitness”

Let's MOVE Carson Valley Families!!!



During the Winter Break, many fun and exciting things will be happening around your homes. In order to keep Physical Education and healthy physical activity on your minds, this rendition of the “12 Days of Fitness” was developed for YOU and your FAMILIES, along with OUR ENVIRONMENT in mind! It is our DHS PE (TIGERS DEN) holiday “GIFT” to you and your family. **Have Fun, Stay Active, Play Together, Be Safe, and Enjoy your Winter Break with Family and Friends!!!**

On the **FIRST DAY OF FITNESS**, the Tiger's Den gave to me...A **(ONE) HEART-HEALTHY FAMILY!** Take a family walk around your neighborhood and enjoy all the beautiful holiday lights and displays. Remember...our **National Physical Activity Guidelines call for ALL Americans to accumulate AT LEAST 60 minutes (and up to several hours) of moderate to vigorous PHYSICAL ACTIVITY DAILY.**

On the **SECOND DAY OF FITNESS**, the Tiger's Den gave to me...**TWO-SQUARE FUN and A Heart-Healthy Family!** Play some **2-SQUARE** in the driveway, on the sidewalk, or at the park. Remember the rules: **TWO Hands, ONE Hit, Fingers DOWN, Lines are OUT!**

On the **THIRD DAY OF FITNESS**, the Tiger's Den gave to me...**THREE DRIBBLING FEATS, 2-Square Fun and A Heart-Healthy Family!** You must learn to dribble a ball, puck, etc. to play lots of different active sports games. Choose three ways to practice your dribbling today (soccer, basketball, hockey, hacky sack, lacrosse, etc.) Remember to use your dominant and non-dominant hand and/or foot when you practice. Have Fun!!!



On the **FOURTH DAY OF FITNESS**, the Tiger's Den gave to me...**FOUR COUNT PUSH-UPS, 3 Dribbling Feats, 2-Square Fun, and A Heart-Healthy Family!**

These are a little harder than the regular push-ups that we do in P.E. class. Get in Push-Up position; hold the **DOWN** position for **TWO** counts, then the **UP** position for **TWO** counts. Use your knees, toes, knees and back. Try 3 sets of 5-10 repetitions to complete your arm workout. Rest for 30 seconds to one minute in between each set. Work Hard to Get **FIT!**

On the **FIFTH DAY OF FITNESS**, the Tiger's Den gave to me...**FIVE GOLDEN RINGS, 4 Count Push-Ups, 3 Dribbling Feats, 2-Square Fun, and A Heart-Healthy Family!**

If you have a Hula Hoop at home this is a fun one. Try to Hula Hoop on five different body parts- waist, neck, arm, hand, knees, or ankle. Have Fun...Who is the **BEST Hula Hooper** in your family???. If you don't . . . **PRETEND!**

On the **SIXTH DAY OF FITNESS**, the Tiger's Den gave to me...**SIX SERVINGS FROM THE VEGETABLE GROUP, 5 Golden Rings, 4 Count Push-Ups, 3 Dribbling Feats, 2-Square Fun, and A Heart-Healthy Family!!!** The U.S Department of Agriculture recommends that we make almost **ONE HALF (1/2) our PLATE VEGETABLES.**

Remember to **EAT THE RAINBOW WAY** (white, red, green, yellow, orange, purple, blue) when choosing your fruits and veggies today... **YUMMY!!!**

Try eating vegetables with every meal and vary the color for a variety of vitamins and minerals.

On the **SEVENTH DAY OF FITNESS**, the Tiger's Den gave to me...**SEVEN SUPER STRETCHES**, 6 Servings of Vegetables, 5 golden rings, 4 count Push-Ups, 3 ways to dribble, 2-square fun, and **A Heart-Healthy Family!!!** Stretch your hamstrings, quadriceps, and calf muscles in the legs, then your side, lower back and shoulder muscles, plus **ADD** your own favorite stretch ( $3+3+1=7$ ). Remember to **hold each stretch for 20-30 seconds**. Muscles that are **STRONG AND LONG** will keep you active and healthy!

On the **EIGHTH DAY OF FITNESS**, the Tiger's Den gave to me...**8 AWESOME ABDOMINAL STRENGTHENING EXERCISES**, 7 Super Stretches, 6 Servings of Vegetables, 5 Golden Rings, 4 Count Push-Ups, 3 Dribbling Feats, 2-Square Fun, and **A Heart-Healthy Family!!!** We perform a wide variety of abdominal exercises during various activities in P.E. class. Choose your favorite one (sit-ups, curl-ups, the plank, the bicycles, etc.) and perform **3 sets of 8 exercises** today. How many total is that? ( $3 \times 8 = ?$ )

On the **NINTH DAY OF FITNESS**, the Tiger's Den gave to me...**NINE** reps of squatting, 8 AB Exercises, 7 Super Stretches, 6 Servings of Vegetables, 5 Golden Rings, 4 Count Push-Ups, 3 Dribbling Feats, 2-Square Fun, and **A Heart-Healthy Family!!! EVERY DAY!** Feet slightly wider than shoulders, heels down, squat as low as your body will allow and stand up! Repeat 9 times for 3 sets!



On the **TENTH DAY OF FITNESS**, the Tiger's Den gave to me...**TEN MINUTES OF MY FAVORITE AEROBIC ACTIVITY**, 9 reps of squatting, 8 Awesome AB Exercises, 7 Super Stretches, 6 Servings of Grains, 5 Golden Rings, 4 Count Push-Ups, 3 Dribbling Feats, 2-Square Fun, and **A Heart-Healthy Family!!!** Choose your favorite **AEROBIC ACTIVITY**- Jog, hike, bike, swim, or play a fast-paced sport like soccer, basketball, hockey, lacrosse, , or even a fun tag game will do, and get **at least 10 minutes of vigorous exercise today. Elevate your Heart Rate!**

On the **ELEVENTH DAY OF FITNESS**, the Tiger's Den gave to me...**ELEVEN** ways to be active, **10 Minutes of Aerobic Activity**, 9 reps of squatting, 8 Awesome AB Exercises, 7 Super Stretches, 6 Servings of Vegetables, 5 Golden Rings, 4 Count Push-Ups, 3 Dribbling Feats, 2-Square Fun, and **A Heart-Healthy Family!!!** Ski, snowboard, ice skate, jump in your living area, ping pong, housework, shovel snow, snowshoe, walk, shoot hoops, do a fitness video.

On the **TWELFTH DAY OF FITNESS**, the Tiger's Den gave to me...**TWELVE** new days of living, 11 ways to be active, **10 Minutes of Aerobic Activity**, 9 reps of squatting, 8 Awesome AB Exercises, 7 Super Stretches, 6 Servings of Vegetables, 5 Golden Rings, 4 Count Push-Ups, 3 Dribbling Feats, 2-Square Fun, and **A Heart-Healthy Family!!!** Life expectancy increases if you are a physically active person and eat healthy.



*WE WISH YOU A HEALTHY, HAPPY AND SAFE WINTER BREAK!*