

January

Healthy Activity Log (at home)

Day	Date	Stretches	Anaerobic	Aerobic	Nutritional
ex.	####	1356	3	2	247
Mon					
Tues					
Wed					
Thur					
Fri					
Sat					
Sun					
Mon					
Tues					
Wed					
Thur					
Fri					
Sat					
Sun					
Mon					
Tues					
Wed					
Thur					
Fri					
Sat					
Sun					
Mon					
Tues					
Wed					
Thur					
Fri					
Sat					
Sun					

Stretches

Perform 4 for count of 20

1. Toe touches (seated)
2. Butterfly stretch
3. Arm rotations
4. Waist rotations
5. Hurdle stretch
(1 leg straight out,
other leg bent in)
6. Lunge stretch
7. Other

Anaerobic Exercises

Choose 1

1. Stomach crunches (50)
2. Weights (Choose 3)
(2 sets of 10-12 repetitions)
Shoulder press Squats
Bicep curls Lunges
Lateral raises
Tricep extensions
3. Push-ups (25)
Regular or from knees
4. Short sprints (20-40 yards)
5. Other

Aerobic Exercises

Choose 1

- 20 min. in target heart zone
1. Brisk walk (4-5 miles)
 2. Jogging (6 mph or faster)
 3. Swimming (laps)
 4. Tennis
 5. Basketball
 6. Cycling
 7. Athletic practice or game
 8. Other

Nutritional

Choose 2 or more at home or at school

1. 6 to 8 (8oz.) glasses of water per day
2. 3 fruits per day
3. 3 vegetables per day
4. 2 to 3 servings of dairy products per day
5. One day with no soda
6. One day with no sweets
7. Eat breakfast
8. 8 to 10 hours of sleep
9. Limit TV/computer/video time to 1 to 2 hours per day

Grade _____
 A or B Day _____
 AM or PM _____

Choose and record the appropriate number from the activities listed at the right.
Do activities at least 3 times a week. Fill each cell on the days you choose.
 Please note the example.

Student Name

Parent Signature

Fitness Fundamentals to Maintaining a Healthy Lifestyle

The key to a lifetime of fitness is consistency. Here are some tips to help you make exercise a habit:

- Choose an activity you enjoy.
- Tailor your program to your own fitness level.
- Set realistic goals.
- Choose an exercise that fits your lifestyle.
- Give your body a chance to adjust to your new routine.
- Don't get discouraged if you don't see immediate results.
- Don't give up if you miss a day; just get back on track the next day.
- Find a partner for a little motivation and socialization.
- Build some rest days into your exercise schedule.
- Listen to your body. If you have difficulty breathing or experience faintness or prolonged weakness during or after exercise, consult your physician.

It's a good idea to choose more than one type of exercise to give your body a thorough workout and to prevent boredom. Also, you might want to choose one indoor exercise and one outdoor activity to allow for changes in your schedule or for inclement weather. Very few people live in a climate that's temperate year-round. But weather extremes don't have to interfere with your exercise routine if you make some minor adjustments.

When it's hot or humid:

- Exercise during cooler and/or less humid times of day. Try early morning or evening.

Controlling Your Weight

The key to weight control is keeping energy intake (food) and energy output (physical activity) in balance. When you consume only as many calories as your body needs, your weight will usually remain constant.

If you take in more calories than your body needs, you will put on excess fat. If you expend more energy than you take in you will burn excess fat.

Exercise plays an important role in weight control by increasing energy output, calling on stored calories for extra fuel. Recent studies show that not only does exercise increase metabolism during a workout, but it causes your metabolism to stay increased for a period of time after exercising, allowing you to burn more calories.