

# November

## 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**

## Running Advice

- **First and more important...HAVE FUN!!!**
- **Pace yourself.** The goal is to complete your course whether it be one mile, one and a half miles or five miles without stopping, hopefully running all or most of the way. Some of you can probably do it right now. Pacing yourself means picking a speed that you can keep up all the way without trying to go too fast and having to walk early and often.
- **Relax.** Try not to feel tension in your jaw, your neck, your hands or arms. Do not roll your head or flop your wrist but stay relaxed and use your energy to move forward.
- **Make everything go in a straight.** Point your feet straight ahead, not out to the sides. Swing your arms in the direction you are trying to run, again straight ahead.
- **Good posture makes you more efficient.** Try to run with your body erect, not leaning forward or backward. Swing your arms but hold your shoulders still and do not let your upper body sway from side to side. Keep your head up, relaxed but level and still. Do not tilt back, lean it forward or roll it from side to side.
- **Run QUIETLY.** Listen to your feet and try not to slap or pound the ground.
- **On up hills, do not waste your energy.** Shorten your stride, lower your hands and allow yourself to slow down. Just keep moving and concentrate on getting up the hill. Your breathing and heart rate will increase, but you'll soon recover if you just stay relaxed and keep moving.
- **On down hills allow the gravity to pull you to a faster pace, but try not to lengthen your stride or land on your heels.** Speed up by moving your feet and arms quicker and try to land on the front of your feet, the quieter the better.
- **Drink plenty of water before and after the run.**
- **If you work on your flexibility, your strength and your endurance at home after school on weekends and vacations you will not only improve faster but will learn to be proud of yourself for your self-discipline and work habits.**
- **Tremendous improvements can be made by simply sticking with it and increasing your speed and distance a little at a time.**