

Fitness Cards

swimming

jogging

jumping
rope

in-line
skating

power
walking

playing
ice hockey

dancing

cycling

playing
basketball

running

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

push-ups

crunches

sit-ups

climbing

weightlifting

chin-ups

pull-ups

neck stretch

butterfly

shoulder
stretch

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

palms to
ceiling

quad
burner

reach
back

hamstring
stretch

hold up
the wall

the wave

arm stretch

playing
soccer

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curls

playing
tennis

leg lifts

wall sits

squats

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