

## Warm-Up

### Benefits of Warming Up

- Helps prevent injuries.
- Increases body temperature.
- Gets the body ready for the rest of the workout.

### How to Warm Up

- Perform a series of slow movements for 5 to 10 minutes. Slow movements that are similar to those that will be done in the fitness activity are best.
- Examples include slow jogging in place and slow jumping jacks.

## Strength Fitness

### Benefits of Strength Fitness

- Improves your muscles' ability to move or resist a force or workload.
- Helps you perform your daily tasks without getting tired.
- Helps prevent injuries.
- Improves your skills in games and sports, such as jumping rope, playing dodgeball, and shooting a basketball.

### How to Improve Strength Fitness

- Make your muscles work more than they are used to—make them go faster, work longer, lift heavier objects, or exercise more often.
- Train, don't strain.
- Don't do too much too soon or too often.

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).

## Endurance Fitness

### Benefits of Endurance Fitness

- Improves the health of the heart, lungs, and blood vessels (builds cardiorespiratory fitness).
- Gives you energy.

### How to Improve Endurance Fitness

- Do nonstop movement activities such as bike riding, walking, and jumping rope (students may jog or walk in place to demonstrate endurance activities in class).
- Find a pace (speed) you can do for a long time—pace, don't race!
- Find endurance activities that you like so you will want to do them.
- Mix up your workout—ride your bike to the park, play ball, and then ride your bike home again.

## Cool-Down

### Benefits of Cooling Down

- Lets the body slow down or recover from the fitness activity.
- Helps prevent injuries and muscle soreness.

### How to Cool Down

- Walk slowly.
- Walk in place slowly.

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).

## Stretch

### Benefits of Stretching

- Helps prevent soreness.
- Improves flexibility fitness.
- Improves the muscles' ability to work.
- Improves the ability to move.
- Decreases the number of injuries.

### How to Stretch

- Hold each stretch for 10 or more seconds (count out loud: 1 Mississippi, 2 Mississippi . . . 10 Mississippi).
- Don't bounce—hold the stretch gently.
- Stretch slowly.
- Use proper form to avoid injuries.
- Examples include the neck stretch, butterfly, and quadriceps burner (thigh 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).