



Healthy Hearts

<input type="checkbox"/> Go jogging 5 min.	<input type="checkbox"/> Do 25 lunges	<input type="checkbox"/> Play catch with your family
<input type="checkbox"/> Eat 2 apples in one day	<input type="checkbox"/> Go for a 15 min walk with an adult	<input type="checkbox"/> Jump as high as you can 10 times
<input type="checkbox"/> Play a game with your family.	<input type="checkbox"/> Give your family a Hug	<input type="checkbox"/> Go for a family walk
<input type="checkbox"/> Play outside for 20 min.	<input type="checkbox"/> Play a tag game for 15 min.	<input type="checkbox"/> Do as many push ups as you can
<input type="checkbox"/> Pretend to hula for 5 min.	<input type="checkbox"/> Build a snowman (if there is snow!)	<input type="checkbox"/> Do a wall sit for 1 min.
<input type="checkbox"/> Run or walk a mile	<input type="checkbox"/> Shoot a ball into a basket 15 times	<input type="checkbox"/> Balance on each foot for 30 sec.
<input type="checkbox"/> Dribble a basketball 10 min.	<input type="checkbox"/> Play catch with a family member	<input type="checkbox"/> Take your dog for a walk
<input type="checkbox"/> Jump rope 15 min.	<input type="checkbox"/> Do V-sit for 30 seconds	<input type="checkbox"/> Ask a family member how their day went
<input type="checkbox"/> Dance to music 10 min.	<input type="checkbox"/> Eat a piece of fruit every day for a week	<input type="checkbox"/> Do 5 yoga poses: tree, down dog, plank, cobra & child's pose
<input type="checkbox"/> Do Cosmic Kids for 10 min.	<input type="checkbox"/> Practice juggling 10 min	<input type="checkbox"/> Do 20 mountain climbers
<input type="checkbox"/> Clean your bedroom	<input type="checkbox"/> Run as fast as you can for 50 feet.	<input type="checkbox"/> Stand tall, touch toes 20 sec. x 3
<input type="checkbox"/> Jump on a pogo stick 10 min.	<input type="checkbox"/> Walk like a seal 20 feet x 3 times	<input type="checkbox"/> Sit and reach your toes 20 sec x 3
<input type="checkbox"/> Dribble a soccer ball 10 min.	<input type="checkbox"/> Do 15 wall push-ups	<input type="checkbox"/> Eat 2 vegetables at lunch
<input type="checkbox"/> Bounce a ball 50 times	<input type="checkbox"/> Do 5 stretches before bed	<input type="checkbox"/> Eat breakfast every day for 1 week
<input type="checkbox"/> Go up and down stairs 3 times	<input type="checkbox"/> Play in the yard 30 min.	<input type="checkbox"/> Do 5 burpees
<input type="checkbox"/> Do 15 wall push ups	<input type="checkbox"/> Jump rope 15 min.	<input type="checkbox"/> Skip around your home/outside for 1 min.
<input type="checkbox"/> Do a skill from PE class	<input type="checkbox"/> Hop on 1 foot, then other 20 times	<input type="checkbox"/> Stand and jump (2 feet) as far as you can 5 times
<input type="checkbox"/> Do arm curls with a can 30 times	<input type="checkbox"/> Eat breakfast each day for 1 week	<input type="checkbox"/> Kick a ball for 10 min.
<input type="checkbox"/> Do 20 sit ups	<input type="checkbox"/> Your choice	<input type="checkbox"/> Jump rope for 10 min.
<input type="checkbox"/> Go outside and play	<input type="checkbox"/> Make 20 basketball shots	<input type="checkbox"/> Do a plank for 30 sec. – 1 min.
<input type="checkbox"/> Walk like a crab 20 feet 2 times	<input type="checkbox"/> Do 50 jumping jacks	<input type="checkbox"/> Spend 10 min. stretching
<input type="checkbox"/> Watch TV for only 1 hour in a day	<input type="checkbox"/> Run on the spot as fast as you can for 1 min. Rest 30 sec. x 5 times	<input type="checkbox"/> Balance your body 5 different ways and hold 30 sec. each
<input type="checkbox"/> Do the bridge for as long as you can.	<input type="checkbox"/> Play outside for 20 min.	<input type="checkbox"/> Your choice
<input type="checkbox"/> Your choice	<input type="checkbox"/> Do 20 jumping jacks, 20 lunges and V-sit for 1 min.	<input type="checkbox"/> Do a Just Dance video

- **Pick 4-6 a day.** Put a check mark when you have completed the task.
- Pretend if you don't have the equipment. **Let me know when you complete the sheet!**
- **Try to get 30-60 min. of vigorous – moderate physical activity a day.** Get that Heart beating faster!