

**Family Fitness Night Agenda**

Welcome! All activities will take place inside "Big Blue". Please feel free to take a water break or breather during our activities.

- Stations...What's Your #?

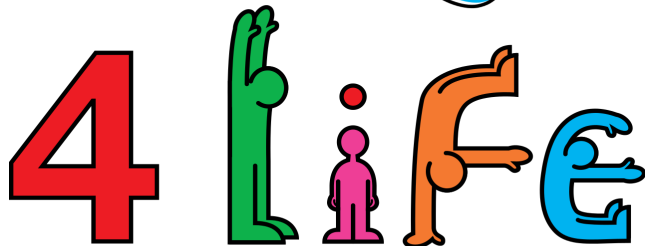
Take your family to this station #

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Once you are there, read the station card and begin the activity. When you finish, set it back up the way you found it for the next family.

- Fitness Testing Demo
- Fitness Friday Demo
- Guard Your Pin
- TV Fitness Activities
- Fitness Calendar
- Mini Fun Run

change



**Eat well   Move more   Live longer**

**FitnessGram**

During the 2nd semester of school, we begin testing the 5 Fitness Components.

It is important that your child works on these areas at home, as well as at school. This helps them to achieve and maintain a higher quality of overall lifetime fitness.

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**Back Saver Sit and Reach** –Flexibility

**Trunk Lift**-Flexibility

**Pacer**-Cardiovascular Endurance

**Push-ups**-Muscular Strength and Endurance

**curl-ups**-Muscular Strength and Endurance

Check out this site for more information and individual requirements.

[www.fitnessgram.net](http://www.fitnessgram.net)

**FAMILY FITNESS FUN NIGHT**



**March 31, 2016**  
**Honeybee Gym**

## Physical Education

### Challenge

Hutchens's Physical Education teachers are challenging you and your family to ...Get Up and Get Moving! We are encouraging our families to be physically active every day.

\*Do Stretching & Exercises during commercials

\*Soup cans make good weights-Set 2 by your couch or TV Chair!

Cut and tape this exercise list to the back of your remote control for a commercial break exercise reminder!

### My Commercial Break Exercises

Curl-ups

Push-ups

Bi-Cep Curls

Tri-Cep Extensions

Wrist Curls

Shoulder Raises

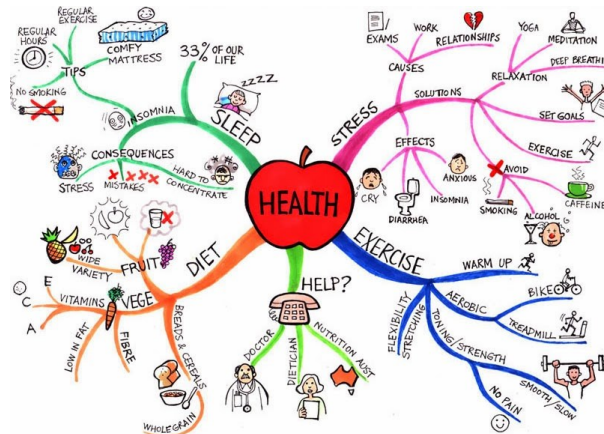
Lunges

Squats

Don't forget to Stretch!

## Fun Facts

- One Can of Cola contains 9 teaspoons of sugar!
- One fast food hamburger with cheese contains 9 teaspoons of solid FAT!
- Bones and Muscles are heavier than fat!
- The heart is a muscle with only 1 job...to pump blood through the whole body!
- A calorie is actually a measurement of energy!



*True enjoyment comes from activity of the mind and exercise of the body; the two are ever united.*

*Wilhelm von Humboldt*

## Water Does a Body Good!

### Did you know?...

- You can live without food for several weeks, but you can go less than a week without water!
- Water aids in Digestion, Nutrient Transport, Body Temperature Control, and Waste Elimination!
- Water is an essential nutrient in the body!
- Always stay hydrated—drink 6-8 glasses of water a day!
- 2/3 of your body weight is water!

### Signs of Dehydration:

- \* Headaches
- \* Poor Concentration
- \* Tiredness
- \* Risk of developing kidney infections
- \* Constipation