

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

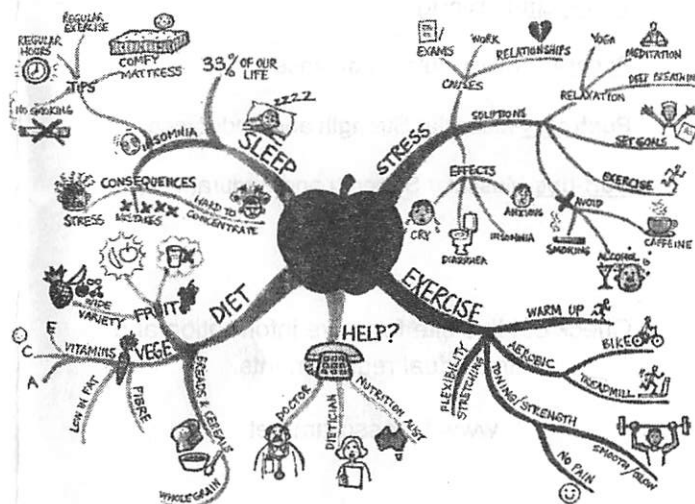
Don't forget to Stretch!

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

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.

Also, stop by and check out what our vendors have to offer! They have lots of information for you and your family.

- 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.

change
4 life

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.

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

FAMILY FITNESS NIGHT



February 13, 2018
Honeybee Gym