

60 minutes a day!

Use our daily challenge to help you reach your goal!

There are 3 types of exercises:

Aerobic

Muscle-strengthening

Bone-strengthening



Muscle Strengthening

You have more than *600 muscles* in your body!

Muscle strengthening is anything that is pushing or pulling. It should be part of your 60 minutes and done at least 3 days a week.

Match the exercise to the body part

some exercises match to more than one!

sit-ups/ crunches

bicep curls

push ups

climbing stairs

planks

lunges

pull-ups

ARMS

ABS

LEGS

No weights? No problem! Ask your parents if you can use bottled water or vegetable cans as weights

Daily Challenge

Check off the days after you did 60 min of physical activity

Write down what you did!



Monday



Tuesday



Wed



Thursday



Friday



Saturday



Sunday