

# 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

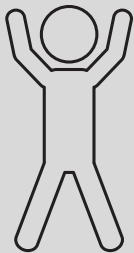


## Bone Strengthening

To help your bones stay strong, the best exercises are the ones where you jump or put weight on your bones.

Bone strengthening should be part of your 60 minutes and done at least 3 days a week.

Name these bone strengthening exercises:



J \_ \_ \_  
R \_ \_ \_



\_ \_ S K \_ \_ \_  
B \_ \_ \_

V \_ \_ \_ \_ \_  
\_ \_ L L



J \_ \_ \_ I \_ G  
\_ A \_ \_ S

(answers on the back)

# 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