

New Moves Pedometer Challenges

In-class	Take-home challenges
<p>How fast can you get to 2000 steps? Use a stopwatch or watch, or treadmill time indicator.</p>	<p>Ask students to set a goal over 1000 steps and see how fast they can get to their goal. Encourage them to set a higher goal each day for a week.</p>
<p>Have students use their music players to select their favorite song. Have them see how many steps they can get in their favorite song.</p>	<p>Ask students to make a playlist (or CD) at least 20 minutes long. Have them see how many steps they can get walking or jogging while listening.</p>
<p>Team challenge: Use pedometers during a team activity (such as soccer or volleyball). Have girls “compete” to see which team gets the most steps during the activity.</p>	<p>Ask students to select a partner who has similar activity level as they do. Encourage them to see which one can get the most steps over the course of the week.</p>
<p>Out and Back: As a group (or in pairs if appropriate) select a location to walk to during class. Walk there and back, noting that choosing a destination to walk to and back can help increase steps.</p>	<p>Have students try various “out and back” destinations by their house. Have them select a route that helps them increase their steps and try to do it at least three times in the next week. (Winter? Encourage them to bundle up!)</p>
<p>Each day, have one or more students (keep rotating) wear a pedometer during the class. Keep a posted log of the steps per activity (or an average if multiple students wear pedometers). At the end of class, lead a brief discussion on which activities inherently include more steps.</p>	<p>*These lessons can work in tandem with Be Fab session #2.</p>

Aerobic Fitness

SESSION AT A GLANCE

Session objectives and content:

At this session, participants will:

- 1) Learn basic concepts about aerobic fitness and how to incorporate it into their lives.

Materials and supplies needed:

- 1) Aerobic Fitness Activity Cards
- 2) Gym or large space for activity
- 3) Music (optional but highly recommended)

Prep

Copy and cut Aerobic Fitness Activity Cards

Time needed:

8-10 minutes total

Introduction

1. Put a pile of Aerobic Fitness cards on the gym floor. Have each girl grab one card and find a partner who has the opposite card. (Information or Activity)
2. Ask students to read the card and do the activity as partners. Play music.
3. After 5 minutes of activity, ask girls to walk and talk with their partner for 1-2 laps.
4. Have girls return their cards to the teacher and facilitate a brief discussion.

Discussion

1. Ask girls to share what they learned. If needed, prompt for:
 - How often should you do aerobic activity?
 - What are some examples of aerobic activity?
 - What is intensity?
2. Encourage girls to try flexibility activities at least two times in the next week.

Aerobic Fitness Information

Regular aerobic exercise will help you feel and look better, as well as improving your long-term health. See sections 1 and 3 in the Girlpages for more benefits and information on aerobic activities.

Aerobic fitness is also known as “cardio”.

Cardio Activities include:

Dancing



Biking



Roller skating



Kickboxing

Walking



Aerobic Activity

Try the following activities and discuss your perceived intensity (how hard you are working) with a partner on a scale from 1-10, with 1 being low intensity (walking very slowly) and 10 high intensity (you can only stay at that level for a little bit):

1 minute: walk and talk

1 minute: Jumping jacks

1 minute: Stepping side to side

1 minute: Shuffle side to side (8 shuffles in each direction)

30 seconds: Move as fast as you can-any movement!

30 seconds: slow it down to recover



Once you are done, walk or listen for instructions from your teacher.

Aerobic Fitness Information

F.I.T. Cardio into your life!

Frequency: 3-6 days a week

Intensity: Talk test

Time: 20-60 minutes per session.



A note on intensity: Make sure you are making your time count. The talk test is a simple way to gauge your intensity level. If you can sing, pick up the pace. If you are gasping for air, slow down until you catch your breath. For most aerobic workouts, you will want to stay at a pace where you are breathing heavy without gasping for air.

Aerobic Activity: Frequency and Time

Walk and talk and discuss:



Frequency: In order to reap the benefits of aerobic fitness, aim for at least 3 days a week of aerobic activity, but every day is fine as long as one day is low intensity.

Time: You don't have to do all of your aerobic activity at once, it can be done at one time or shorter amounts of time over the course of a day. Discuss with your partner about what you currently do and how you could increase the time you spend getting your heart pumping!



Strength training activity

SESSION AT A GLANCE

Session objectives and content:

At this session, participants will:

- 1) Learn basic concepts about strength training and how to incorporate it into their lives.

Materials and supplies needed:

- 1) Strength training Activity Cards
- 2) Gym or large space for activity
- 3) Mats (optional but highly recommended)
- 4) Music (optional but highly recommended)

Prep

Copy and cut Strength training Activity Cards

Time needed:

8-10 minutes total

Introduction

1. Put a pile of Strength training cards on the gym floor. Have each girl grab one card and find a partner who has the opposite card. (Information or Activity)
2. Ask students to read the card and do the activity as partners. Play music.
3. After 5 minutes of activity, ask girls to walk and talk with their partner for 1-2 laps.
4. Have girls return their cards to the teacher and facilitate a brief discussion.

Discussion

1. Ask girls to share what they learned. If needed, prompt for:
 - How often should you do strength training?
 - What are some examples of strength training exercises?
 - How often should you strength train?
2. Encourage girls to try flexibility activities at least two times in the next week.

Strength Training Information

Strength training is a great way to get stronger, leaner, and healthier. It can help prevent injury, increase your metabolism, and help you feel (and be!) stronger. Strength training will increase your lean muscle. See section 3 in your Girl Pages for more information.

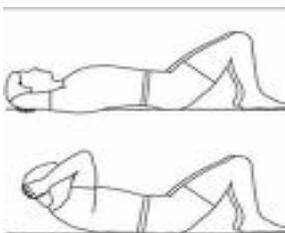
Tools of the trade: Weights, resistance bands, or your own body weight.

Examples of strength training: Bench press, push-ups, crunches, planks, stability ball exercises, squats, and lunges.

Strength Training Activity

The following are strength training exercises that use your body weight to challenge your muscles. You can do these anywhere!

Push-ups: Lying face down on the floor, place your hands a little wider than your shoulders. Support your body by pulling your abdominal muscles in towards your spine, keeping your lower body in a straight line. Place your knees on the ground, feet crossed. Lift and lower your body by bending your elbows, lowering as far as you can go. If this is too hard, do the same movement against a wall. If it is too easy, do full push ups on your toes. Repeat 5-10 times.



Crunches: Lay on your back, placing your feet flat on the floor with knees bent. Using your abdominal muscles, lift your upper body towards your knees. Pull your belly in towards your spine and lift and lower your upper body. Repeat 10-15 times

Strength Training Information

F.I.T. Strength training into your life!
Frequency: 2-3 days a week
Intensity: 1-3 sets of 8-15 repetitions
Time: 8-15 repetitions of each exercise



The last rep you do should be very difficult. Experiment with resistance until you find the right level for the number of reps you want to do. Increase the resistance as your muscles get stronger.

Give the muscles you used at least a day off between sessions.

Strength Training Activity Part II

Oblique crunches: Same as crunches, but alternate sides by bringing your shoulder towards the opposite knee. Repeat 5 times on each side.



Lunges: Legs shoulder width apart, with toes pointing forward. Take a big step straight back with one leg and position yourself like the second picture. Focus on you back leg, bending the knee until it almost touches the floor. Try to only move up and down. Front knee should stay behind the toes. Repeat 15 times, switch legs.



Squats: Legs should be a little wider than hip width apart, toes pointing forward. Your weight should be in your heels. Bend your knees like you were going to sit on a low chair, but no lower than knee level. Squeeze your glute muscles to return up to standing. Repeat 20 times.

Flexibility

SESSION AT A GLANCE

Session objectives and content:

At this session, participants will:

- 1) Learn basic concepts about flexibility training and how to incorporate it into their lives.

Materials and supplies needed:

- 1) Flexibility Activity Cards
- 2) Gym or large space for activity
- 3) Music (optional but highly recommended)

Prep

Copy and cut Flexibility Activity Cards

Time needed:

8-10 minutes total

Introduction

1. Put a pile of Flexibility cards on the gym floor. Have each girl grab one card and find a partner who has the opposite card. (Information or Activity)
2. Ask students to read the card and do the activity as partners. Play music.
3. After 5 minutes of activity, ask girls to walk and talk with their partner for 1-2 laps.
4. Have girls return their cards to the teacher and facilitate a brief discussion.

Discussion

1. Ask girls to share what they learned. If needed, prompt for:
 - What is flexibility?
 - When should you stretch?
 - What are some examples of activities that enhance flexibility?
 - What are the benefits of flexibility training?
2. Encourage girls to try flexibility activities at least two times in the next week.



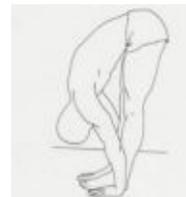
Flexibility Information

Flexibility is the range of movement that your muscles, ligaments, and tendons allow without pain or injury. The simplest way to increase your flexibility is to stretch! You can also try yoga, pilates, dance, and martial arts—all forms of physical activity that put a strong emphasis on flexibility.

Benefits of regular flexibility training include reduced risk of injury, improved range of motion (vital for most sports and activities), and reduced soreness associated with stress or exercise. Sore? Stretch. Stressed? Stretch. Need a break?...you get the idea... STRETCH!!! Check out section 3 in your Girl Pages for more information.

Flexibility Activity

Toe reach: Standing with feet hip width apart, slowly bend forward and reach your head and hands towards your toes. Once you are as far as you can go, hang for 10 seconds. Let your head, neck, and hands feel really heavy and pull you down towards your toes. Bend your knees, sitting back a little, and slowly roll your body up to a standing position.



Double flex leg stretch: Reach your left foot behind you, and straighten it. Bend your right leg, and lean slightly forward as you keep your weight even on both legs. Hold for 10 seconds. Next, staying in this position, pull your left knee forward, rising to the ball of your left foot. Hold for 10 seconds. Repeat the stretches on the right leg.

Chest opener: Place hands behind back and link fingers. Straighten arms behind you to feel a stretch in your chest. Hold for 20 seconds. This stretch can also be done in a doorway or corner.



Flexibility Information

F.I.T. Flexibility and stretching into your life!

Frequency: Everyday

Intensity: Stretch until you feel some tension, but not pain

Time: 5-20 minutes



Tips for increasing flexibility:

- Stretch when you are warmed up.
- Hold stretches and Breathe deeply as you stretch. As you exhale, increase the stretch. Repeat for 2-3 breaths.
- Stretching is more than just for fitness! Stretch when you are stressed, after activities, and whenever you feel like it!

Flexibility Activity Continued

Back stretch: Starting with a wide stance with your legs, place your hands or forearms on the middle of your thighs, bending at the waist. Pulling your belly towards your spine, arch your lower back. Hold for 5-10 seconds, release and repeat 5 times.



Side reach: Keep the wide stance, reaching your right arm up in the air. Keeping your hand high, reach it up and to the left side of the room. Stretching your right side and bending a little on your left side. Try to keep your left side lifted (don't collapse into it) as you stretch. Hold for 20 seconds and repeat on other side.



Downward dog: Start on the floor on your hands and knees. Exhale and lift your knees away from the floor, pushing your hips in the air to create an upside down "V" with your body. Focus on breathing as you lift your hips towards the ceiling and work towards flattening your feet on the ground. Hold for 30 seconds.



F.I.T. principle

SESSION AT A GLANCE

Session objectives and content:

At this session, participants will:

- 1) Learn basic concepts about the F.I.T. principle and how to incorporate it into their lives.

Materials and supplies needed:

- 1) F.I.T. Activity Cards
- 2) Gym or large space for activity
- 3) Music (optional but highly recommended)

Prep

Copy and cut F.I.T. principle Activity Cards

Time needed:

8-10 minutes total

Introduction

1. Put a pile of F.I.T. cards on the gym floor. Have each girl grab one card and find a partner who has the opposite card. (Information or Activity)
2. Ask students to read the card and do the activity as partners. Play music.
3. After 5 minutes of activity, ask girls to walk and talk with their partner for 1-2 laps.
4. Have girls return their cards to the teacher and facilitate a brief discussion.

Discussion

1. Ask girls to share what they learned. If needed, prompt for:
What does F.I.T. stand for?
How can you add intensity to activity?

F.I.T Information

Get fit by using the F.I.T. principle!

F.I.T. stands for:

Frequency-times per week you are active

Intensity-how hard you work while you are active

Time-how long you are active in a session or during the day.



The F.I.T. principle can be used for planning your strength training, aerobic exercise (cardio), and flexibility training. Check out page 18 in the physical activity section of your workbook for more details and recommendations on for each type of exercise.

In order to create an active habit, start where you are at and build up to more time, intensity, and frequency.

F.I.T. Activity

Adding Intensity: Do each move for 1 minute total, walking one lap between each movement. Read your next movement during the lap.

1. Increase speed of your current movement: Change your walking pace to a fast walk, light jog, or shuffle (1 minute)
2. March in place. As you march, keep bringing your knees higher up maintaining the same pace (30 seconds), and then add a little jump on the straight leg of each march, more like a skip. (30 seconds)
3. Face your partner. Move your legs like you are doing a jumping jack without arms. Add arms after 30 seconds. (1 minute)
4. Keep facing one another, and continue doing jumping jacks. Add precision by imaging your body is a strong magnet or think of your arms pulling down through water or some other resistance. Pull your legs together in a strong motion, squeezing your glute muscles. (1 minute)

How do you get and stay F.I.T?

Increase your FREQUENCY every month. Add another day of physical activity per week, but no more than 6 days a week.

Vary your INTENSITY by working harder some days, easier on others. Bored? Try interval training 1-2 times a week.

Increase your TIME by 5% a week, up to 60 minutes.

Some easy ways to add intensity to your movement:

- Increase the speed of your movements
- Increase the resistance
- Use more of your body such as adding your arms
- Focus on the muscles that are working



F.I.T. Activity continued...

Walk with your partner as you read the rest of this card about how to add intensity to your weight room or outdoor activities.



Add intensity by raising the incline or resistance of your movement. Climb up a hill, take the stairs, or up the incline on the treadmill. Add resistance by increasing the weight in strength training or trying a harder level on the treadmill, elliptical machine, bike, or stair climber.

Start adding intensity to your activities by doing more intense movement for 30-60 seconds, returning to your regular level for 1-3 minutes. Repeat 1-5 times. This is called interval training.

How can you add intensity to your normal physical activities?

Challenges to being active

SESSION AT A GLANCE

Session objectives and content:

At this session, participants will:

- 1) Learn basic concepts about how to overcome common challenges to being active

Materials and supplies needed:

- 1) “Challenges” Activity Cards (there are various ones that can be mixed and matched)
- 2) Gym or large space for activity
- 3) Music (optional but highly recommended)

Prep

Copy and cut “Challenges” Activity Cards

Time needed:

8-10 minutes total

Introduction

1. Put a pile of Challenges cards on the gym floor. Have each girl grab one card and find a partner who has the opposite card. (Information or Activity)
2. Ask students to read the card and do the activity as partners. Play music.
3. After 5 minutes of activity, ask girls to walk and talk with their partner for 1-2 laps.
4. Have girls return their cards to the teacher and facilitate a brief discussion.

Discussion

1. Ask girls to share what they learned. If needed, prompt for:
 - What are common reasons people do not work out?
 - What could you do in 10 minutes to increase your activity?
 - When could you use 10 minute workouts?
2. Encourage girls to try one or more 10 minutes workouts during the week.

“Challenges” Information

What are your challenges to being active?

Tired? Don't feel like it?

Short on time? Bored?

New to exercise?

No equipment?

Try the 10-minute jump-start plan!

There are lots of challenges to being active, but you can overcome them! The 10 minute plan is a great way to jump start your body and mind. Try it on busy days or combine multiple plans and repeat for a longer workout.

“Challenges” Activity

Try this jump-start plan focused on strength training. When your muscles get tired on the last 3 exercises, rest for a couple of seconds and start up again!

1-minute of lunges (switch legs each time)

1-minute of squats (add a jump if you want!)

1-minute of tricep dips (use bench or ledge)

1-minute bicycle crunches

1-minute of push-ups (against wall, on knees, or toes)



Repeat 1 time for a 10-minute workout!

Challenges Information

The 10-minute workout is a strategy to deal with several common challenges to being and staying active. See below for some ideas.

Busy? Do one or several 10-minute workouts during the day.

Tired or don't feel like being active? Make a commitment to yourself to be active for 10 minutes. You can stop or continue when you are done—either way you've given yourself a boost of energy!

New to exercise? Start with 10 minutes per day, and add 10 more minutes each week. This is a proven strategy for getting active!

Remember, everyone faces challenges to being and staying active. See section 7 in your Girl Pages for other ideas for getting and staying active.

"Challenges" Activity



Walk and talk or move (any way you want) in place and discuss with your partner about how you could use the 10-minute plan to help you get fit, increase your energy, and reduce stress!

“Challenges” Information



What are your challenges to being active?

Short attention span?

Easily bored?

Lots of screen time?

Girl Stuff?

Try the 10 minute “jump start” plan!

There are lots of challenges to being active, but you can overcome them! The 10-minute plan is a great way to jump-start your body and mind. Try it on busy days or combine multiple plans for a longer workout.

“Challenges” Activity

Try this kickboxing plan-
do it twice for a 10 minute workout!

5 minutes of kickboxing

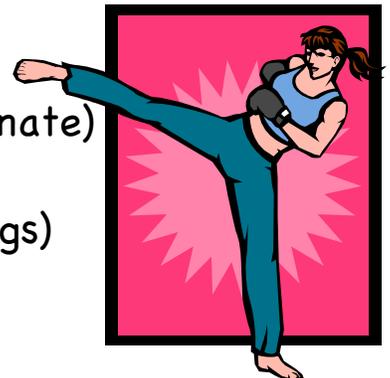
1 minute jabs to the center (right/left alternate)

1 minute jacks and jabs (alternate)

1 minute squats and front kicks (alternate legs)

1 minute side kicks (alternating)

1 minute cross punches (alternate sides)



Challenges Information

The 10-minute workout is a strategy to deal with several common challenges to being and staying active.

Bored? Do various 10-minute workouts to stay interested.

Girl Stuff? If PMS makes you feel tired, cranky, bloated, or otherwise lousy, try a 10-minute workout and check-in with yourself. Exercise (believe it or not!) is a great way to deal with PMS symptoms.

Tied to the tube? If you are watching TV or DVDs, repeat the workout 3 or more times during the show or movie you are watching.

Remember, everyone faces challenges to being and staying active. See section 7 in your Girl Pages for various ideas from other young women.

“Challenges” Activity

Use 10-minute workouts as a jump start to a longer workout or do it multiple times during the day. It can also be used if you have a super busy day and only have a little time for activity. Add music to make the time more fun—music is a great fitness tool! You can invent your own moves based on what you like to do!



Walk and talk with your partner about what you would do if you created your own 10-minute plan. Dance? Kickbox? Drills? Strength training? Pick and choose what interests YOU!