JUMPING JACKS

STATIONARY  AEROBIC FITNESS

SKIER

STATIONARY  AEROBIC FITNESS
WALK

JOG
**FOOD FACT #9**

Drinking milk that is lowfat or nonfat can help provide calcium to build strong bones.

Name 5 other foods that are in the milk group.
Where else can you get calcium?

**FOOD FACT #10**

Eating lean or lowfat meats, fish or poultry is a great way to get protein. Ask for it baked, boiled or grilled – not fried.

What other foods are great sources of protein? Name 3 that you like.
EQUIPMENT HELPER
Choose 1 person to be the “Equipment Helper.”
Hand them as many toys as they can hold.

KNEE TAG
On signal, try to tag each other’s knees.