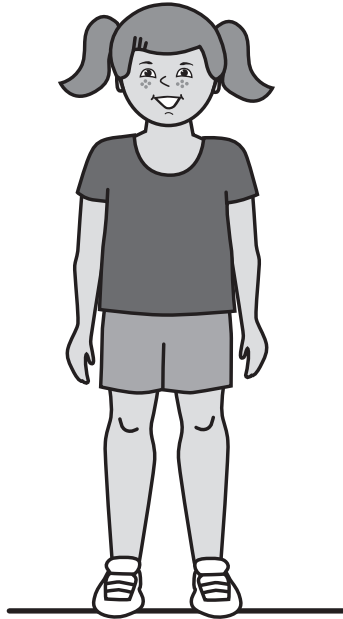


JUMPING JACKS



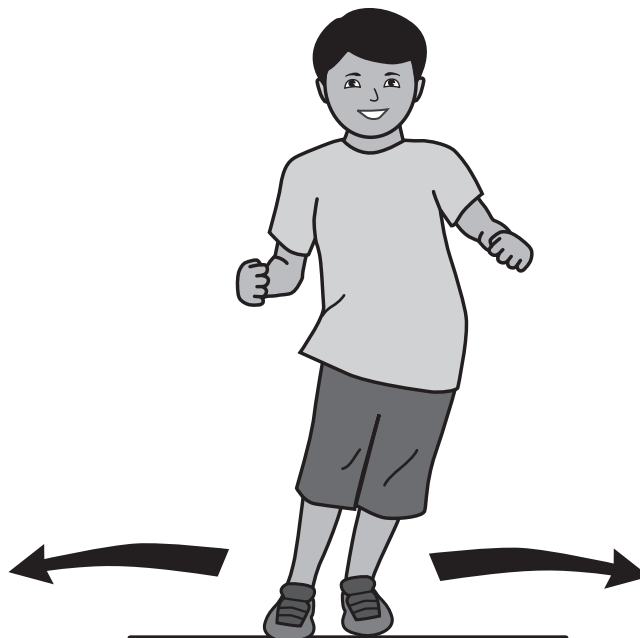
STATIONARY

AEROBIC FITNESS

FITNESS CIRCUITS



SKIER



STATIONARY

AEROBIC FITNESS

FITNESS CIRCUITS



WALK

TRAVELING

AEROBIC FITNESS

FITNESS CIRCUITS



JOOG

TRAVELING

AEROBIC FITNESS

FITNESS CIRCUITS



TIP-TOE WALK

TRAVELING

AEROBIC FITNESS

FITNESS CIRCUITS



MARCH

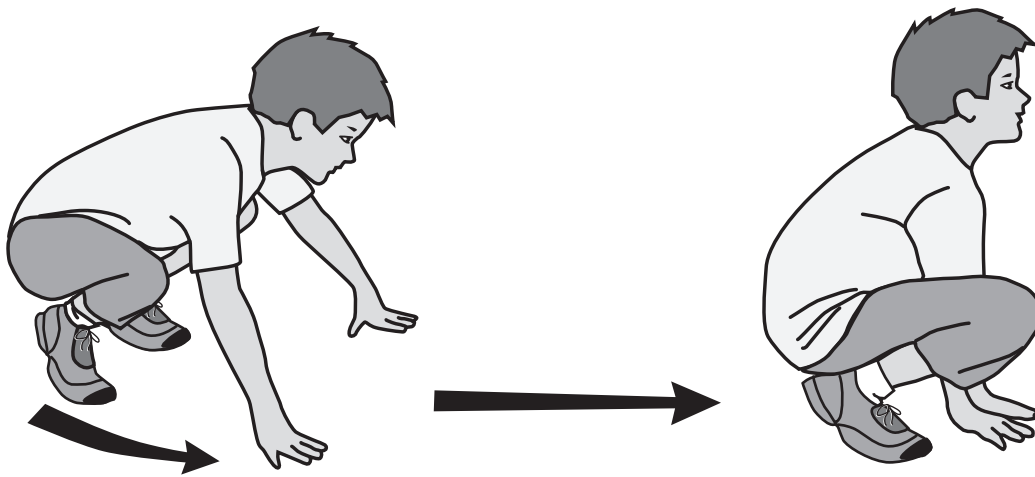
TRAVELING

AEROBIC FITNESS

FITNESS CIRCUITS



FROG JUMP



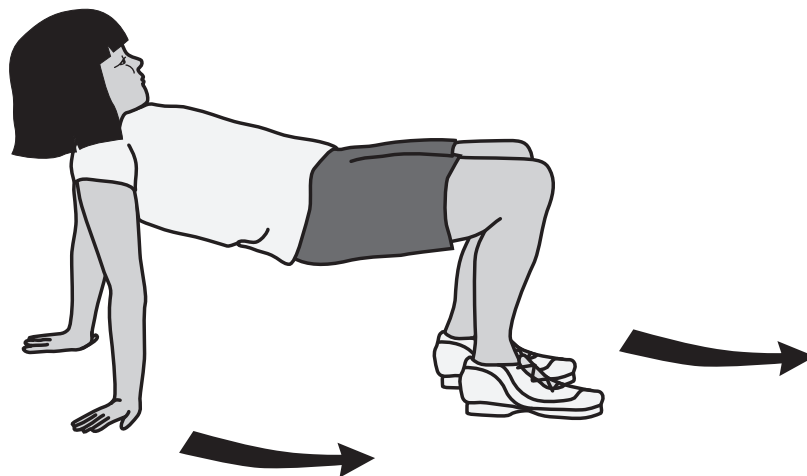
ANIMAL TRACKS

AEROBIC FITNESS

FITNESS CIRCUITS



CRAB WALK



ANIMAL TRACKS

AEROBIC FITNESS

FITNESS CIRCUITS



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?

BODY COMPOSITION

FITNESS CIRCUITS



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.

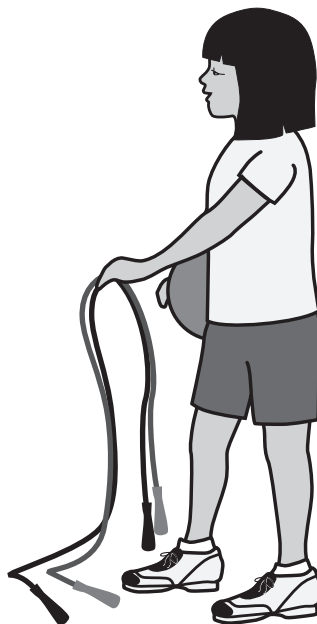
BODY COMPOSITION

FITNESS CIRCUITS



EQUIPMENT HELPER

Choose 1 person to be the "Equipment Helper."
Hand them as many toys as they can hold.



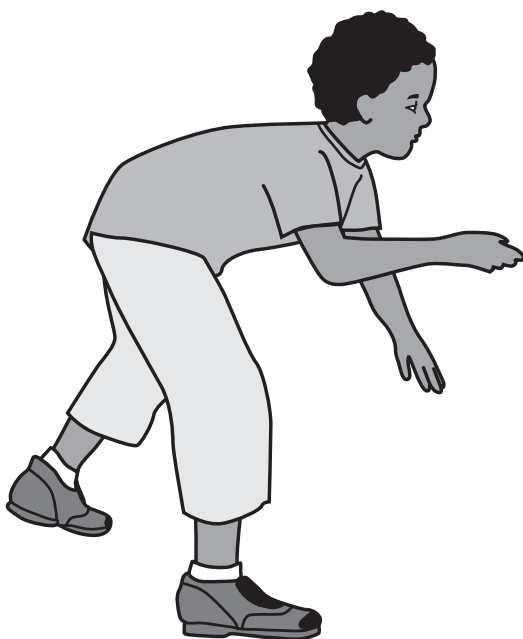
PERFORMANCE RELATED

FITNESS CIRCUITS



KNEE TAG

On signal, try to tag each other's knees.



PERFORMANCE RELATED

FITNESS CIRCUITS

