

Page 1 can be done with parent/ guardian.

## Warm Up

- March in place for 30 seconds
- Do 10 jumping jacks
- Do 10 front kicks on each leg
- Do 10 arm circles with each arm

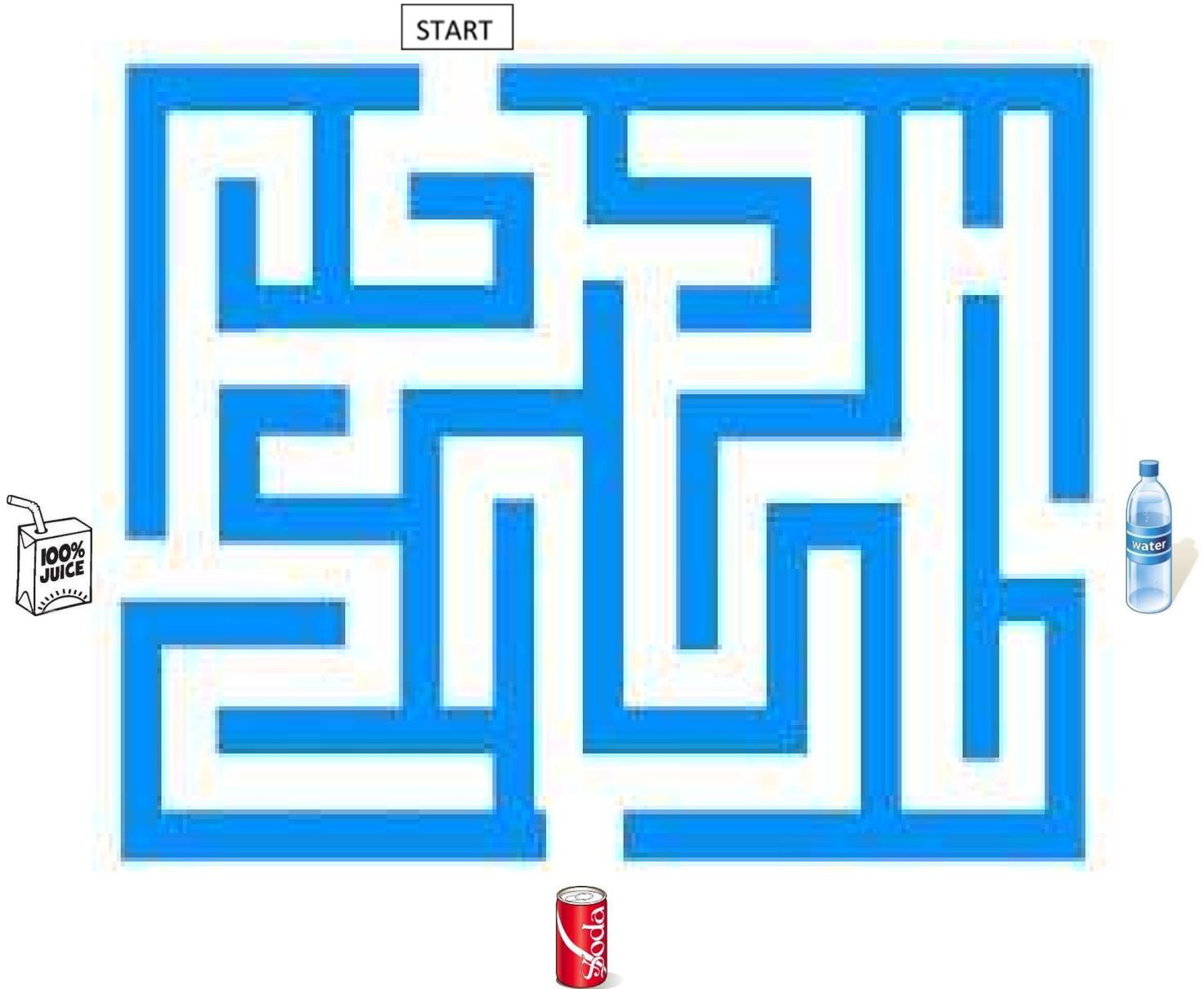
## Activity: Jungle Power Stations

1. Cheetah Dash: Run as fast as you can in place or to and from a distance. Repeat for 60 seconds.
2. Gorilla Power Pod: To get strong like a gorilla, do 7 push ups, 5 jumping jacks, and 2 squats.
3. Kangaroo Explosion: Jump in place or to and from a distance. Repeat for 60 seconds.
4. Gazelle Endurance Challenge: Do 10 jumping jacks and then jog in place for 60 seconds without stopping.

## Nutrition

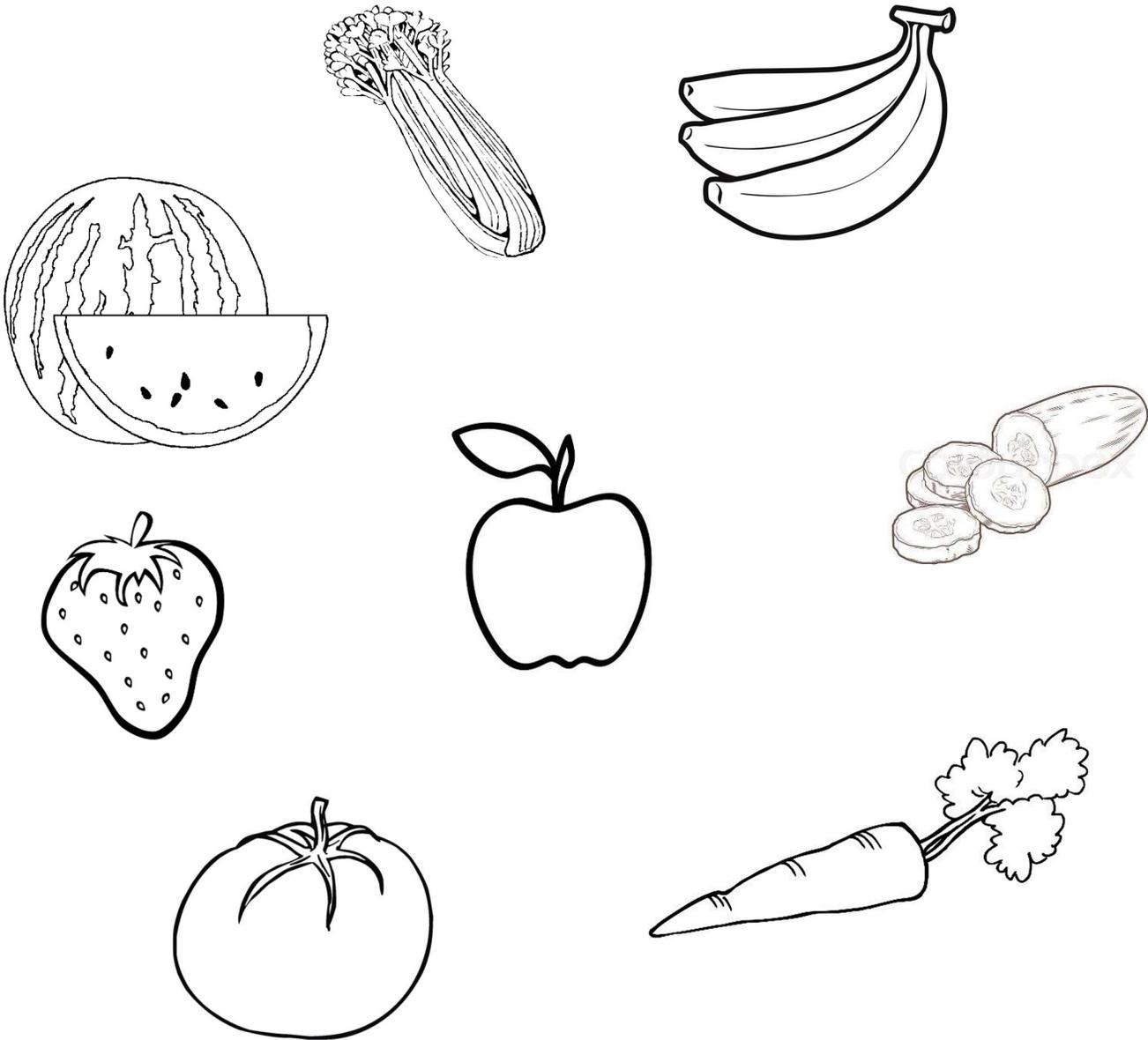
- Although many foods have “natural” sugars in them, we consume a lot of foods with “added” sugars. Eating too much sugar can lead to weight gain, diabetes, and tooth decay.
- Soda is unhealthy because it has a lot of sugar, which can hurt your teeth. It can also make it harder to learn in school.
- Diet sodas are made with sugar substitutes but these drinks still have other ingredients, which are not healthy.
- Other unhealthy sugary drinks include sweet tea, lemonades, fruit juice that is not 100% juice, sports drinks, Vitamin Water, and other sweetened with sugar.

What drink is the best choice for your body?



## Water

Water is the best choice for your body. There are other sources of water in our diets that can help keep our bodies hydrated. Color the fruits and vegetables that are a good source of water.



Reflection/ Stretch: Answer the questions below and then do each stretch to 10 seconds.

1. Why is soda unhealthy?

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2. Name a healthy drink.

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- Stretch #1: Bring your right arm over to your left and stretch your right arm. Count to 10. Repeat with your left arm.
- Stretch #2: Reach both arms forward and hold. Count to 10.