

These lessons are designed to be FUN, EDUCATIONAL, and ACTIVE. We want to give you a chance to get active as families and help you learn more about health, fitness, and nutrition along the way. Today we are going to talk about the basics of nutrients, warm-ups, and do some fun physical activities!

**ACTIVE Intro Ice Breaker: Island Trip**

- Go around the group and ask each person: 'If you could only take 3 things to a deserted island, what would you take?'

**ACTIVE Warm Up**

- Everyone should line up and walk around your space 4 times. If you don't have a big space, you can also march/ jog in place for 2 min.
- **Do any additional warm ups needed to prepare yourselves for physical activity.**

**ACTIVE Fitness Lesson**

- The important thing to remember about starting to exercise is to go slow early on and at the beginning of each exercise session. Each time you exercise you should do some sort of warm up to help get your joints, muscles, and heart ready for the exercise.
- A warm up gets your heart rate up a little, and it increases the temperature of your muscles and connective tissue, making you less likely to hurt yourself. Stretching is NOT a way to warm up; stretching is something you do AFTER you warm up. You can get hurt by stretching before warming up.
- When you finish exercising, you should do a cool down, which slowly brings your heart rate down. This is especially important if you were doing very hard, intense exercise.
- During the cool down you can do stretching exercises to improve your flexibility. Now we are going to have some fun."

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**Fitness and Nutrition Simon Says** [Simon Says sheet at the end of the lesson](#)

- One "Simon" and that person will pick exercises to do. All exercises have to be done without moving around the room, such as jumping jacks, walking in place, etc...
- After 45 seconds, the leader reads a question to the group. Anyone who knows the answer should raise his/her hand. If the answer is correct, that person becomes the new leader for the game and the cycle repeats.
- If it is wrong, other people get to answer until someone gets it right. If nobody gets it right, the leader will ask the next question. If someone messes up and is caught by the leader, he/she has to turn and face the other direction until the leader changes (but he/she keeps playing the game).

**ACTIVE Nutrition: Introduction Part A Discussion**

Why is knowing the basics of nutrition is important for everyone?

- Notes for parents:
  - As parents you are the ones buying the food for your family
  - You teach your kids about how to choose the foods they need to grow up healthy
  - The eating habits they develop now will stick with them for years to come
  - They learn from you – lead by example!
- Nutrients are the building blocks of nutrition
- Think of your body as a car, in order to run well a car needs many different things – gas, oil, coolant and regular maintenance.
- Our bodies operate in the same way a car does – we need all different kinds of foods as well as regular checkups to stay healthy and feel our best.
- No one would expect a car to run smoothly if it was low on oil, right? What about gas?
- If we do not provide our body with the nutrients it needs, it is not going to run well. When it is not running well we may feel tired, weak or even sick.
- What we put into our body can affect how we feel physically as well as mentally.

Have you ever heard the saying 'you are what you eat?' What does it mean to you?

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**ACTIVE Games**

**Bailando!** Music and a device to play music

- Dancing is a great way to get some exercise.
- There are two stations in the Bailando area. One is the dancing challenge, and the other is the choreography area. In the dancing challenge area, you should try to dance continuously for 25-30 seconds, then take a 1 minute break, and then dance again for 25-30 seconds. You'll find out that dancing gets your heart going while you have fun.
- In the other station, you will create and practice a 15-20 second dance. Be creative and have fun!
- Complete the station then switch to the other.

**Pass and Catch Challenge** 2 soft foam balls

- The team has to complete 10 passes back and forth between teammates.
  - After each pass, you both need to move to different spots in your designated area. You can use cones or floor markers to designate your throwing spots.
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**ACTIVE Cool Down and Mission**

- **Lead** the group in walking 2 laps and or light stretching while reviewing the nutrition lesson by asking them several questions about it.

Simon Says

- Q: Which type of bread is healthier for you to eat: white or wheat?  
A: Wheat
- Q: What is a major nutrient of milk that gives you strong bones and teeth?  
A: Calcium
- Q: What food group do bananas belong in?  
A: Fruit Group
- Q: Which is a better source of protein: crackers or peanuts?  
A: Peanuts
- Q: What food group do carrots belong in?  
A: Vegetable Group
- Q: Which activity is better for your health: playing video games or going for a walk?  
A: Going for a Walk
- Q: What major nutrient is found in meats and is important for muscle growth?  
A: Protein
- Q: What part of your body does strength training help to improve and increase?  
A: Muscles
- Q: True or False: All foods have the same serving size?  
A: False
- Q: Which will give you longer-lasting energy, chocolate or granola?  
A: Granola
- Q: What vitamin is high in oranges?  
A: Vitamin C
- Q: Which is better for you an apple or a candy bar?  
A: Apple