

THE WEEKLY BLURB

WEEK OF NOVEMBER 30, 2020

EXERCISE TIPS

EXERCISE TIPS

- DON'T PUT IT OFF** (Illustration: person sitting on the floor)
- KEEP IT FUN** (Illustration: person jumping)
- SET GOALS BUT BE REALISTIC** (Illustration: target with arrow)
- "WARM UP" YOUR BODY BEFORE YOU EXERCISE** (Illustration: person stretching)
- Try to be active 1 hour a day** (Illustration: smartwatch)
- BREAK YOUR HOUR UP INTO SMALLER CHUNKS** (Illustration: person crawling)
- EXERCISE WITH YOUR FAMILY OR FRIENDS** (Illustration: people on bicycles)
- STAY HYDRATED** (Illustration: water bottle)
- EAT HEALTHY** (Illustration: heart, apple, carrot)
- DO SOME STATIC STRETCHING AFTER EXERCISE** (Illustration: person stretching)

Children and adolescents **should** do 60 minutes or more of **physical activity** each day. Most of the 60 minutes **should** be either moderate- or vigorous intensity aerobic physical activity, and **should** include vigorous-intensity **physical activity** at least 3 days a week.

HANAH TAYLOR
HAND IN HAND PRIMARY SCHOOL
PHYSICAL EDUCATION
229-225-3908
HTAYLOR@TCJACKETS.NET