

HEALTHY HOME INFORMATION VISUALS

WHAT WILL I DO WHEN I GET HOME TODAY?

DANCE	CLIMB	PRACTICE
JOG	SKATE	
TUMBLE	JUMP ROPE	
POSE	STRETCH	
HIKE	MOVE	

P.E. National Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

HOW SHOULD I PREPARE TO EXERCISE?

HAVE A PLAN	Hydrate Your Body
"FUEL UP" WITH A HEALTHY SNACK	
BRING A POSITIVE ATTITUDE	
PUT ON ATHLETIC SHOES	WEAR CLOTHING THAT WILL ALLOW YOU TO MOVE
WARM UP YOUR BODY	HAVE THE CORRECT EQUIPMENT READY TO GO
VISUALIZE YOUR FUTURE RESULTS	



EXERCISE TIPS

DON'T PUT IT OFF	KEEP IT FUN
SET GOALS BUT BE REALISTIC	"WARM UP" YOUR BODY BEFORE YOU EXERCISE
Try to be active 1 hour a day	BREAK YOUR HOUR UP INTO SMALLER CHUNKS
EXERCISE WITH YOUR FAMILY OR FRIENDS	STAY HYDRATED
EAT HEALTHY	DO SOME STATIC STRETCHING AFTER EXERCISE

WHAT WILL I DO WHEN I GET HOME TODAY?

MAKE SNOW ANGELS	WALK OR HIKE	PLAY A SPORT
BUILD A SNOW MAN	SNOW BOARD	CROSS COUNTRY SKI
SLIDE	SPEED SKATE	BUILD A FORT
DOWNHILL SKI	PULL A FRIEND	FIGURE SKATE
SLED	PLAY WITH OTHERS	SHOVEL SNOW

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HOW SHOULD I PREPARE TO EXERCISE?



**HAVE
A PLAN**



**Hydrate
Your Body**

**“FUEL UP”
WITH A HEALTHY SNACK**



**BRING
A POSITIVE ATTITUDE**

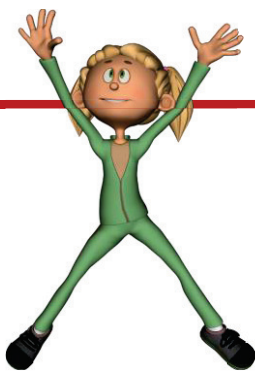


**GET MUSIC
PREPARED FOR
MOTIVATION**



**PUT ON
ATHLETIC
SHOES**

**WEAR CLOTHING THAT
WILL ALLOW YOU TO MOVE**



**WARM UP
YOUR
BODY**



**HAVE THE CORRECT
EQUIPMENT
READY TO GO**

**VISUALIZE YOUR
FUTURE RESULTS**

