Day 1:

FITNESS HOMEWORK – Get off the Couch!

*Did you know????*

- Kids and teens ages 8-18 spend an average of 4 hours a day in front of some type of screen media (T.V., DVDs, Computer, etc.) Not counting school work.
- The more T.V. you watch the more likely you are to snack. The average person consumes almost 200 extra calories for every hour of T.V. watched!
- Advertisers use kid/teen programming to promote fast food restaurants and many other extremely unhealthy foods. This makes you more likely to want them.
- Too much television takes away from valuable physical activity time, which over time will get you into a lazy routine and you will never want to work out!

On average how much television do you watch per day? ____________(Be honest)

Why do you think a lot of teenagers spend so much time watching television or in front of the computer?

Explain your answer.

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

Here is an idea to get both, T.V. and Exercise – The Couch Potato Workout

Here is what you do:
1. Choose a show
2. Watch it
3. During each commercial break do an exercise (there will be at least 3)
Here is your workout:

**DO as many reps as you can during the commercials for each exercise**

Commercial #1 – Incline Push Ups *(feet on the couch, hands on the floor)*
Commercial #2 – Regular Push Ups
Commercial #3 – Decline Push Ups *(hands on the couch, feet on the floor)*
Commercial #4 – Curl ups
Commercial #5 – Sit ups *(Chest touches your knees)*
Commercial #6 – Chair Dips *(hands on the edge, dip down until you but almost touches the floor and back up)*

Repeat

**DO this work out 3 times during the day. Check off each time and write in your reps:**

Session #1
- Incline Push Ups ______
- Decline Push Ups ______
- Regular Push Ups ______
- Regular Curl Ups ______
- Regular Sit Ups ______
- Dips ______

Session #2
- Incline Push Ups ______
- Decline Push Ups ______
- Regular Push Ups ______
- Regular Curl Ups ______
- Regular Sit Ups ______
- Dips ______

Session #3
- Incline Push Ups ______
- Decline Push Ups ______
- Regular Push Ups ______
- Regular Curl Ups ______
Day 2:

Muscle Stretch Research:

Directions:
Your task is to research and find one stretch for each muscle group listed below. Below each muscle name write the name of the stretch. Below the name of the stretch write the directions to that stretch. You can gather your information from videos, TV, the internet, or books.

Bicep:

Abdominal:
Hamstrings:

Trapezius:
Triceps:

Quadriceps:
Gastrocnemius:

Deltoid:
Gluteus Maximus:

Latissimus Dorsi:
Day 3:

FITNESS HOMEWORK – Balanced Diet

Did you know????

Healthy eating tip 1: Set yourself up for success
To set yourself up for success, think about planning a healthy diet as a number of small, manageable steps rather than one big drastic change. If you approach the changes gradually and with commitment, you will have a healthy diet sooner than you think.

Healthy eating tip 2: Moderation is Key
People often think of healthy eating as an all or nothing proposition, but a key foundation for any healthy diet is moderation. Despite what certain fad diets would have you believe, we all need a balance of carbohydrates, protein, fat, fiber, vitamins, and minerals to sustain a healthy body.

Healthy eating tip 3: It's not just what you eat, it's how you eat
Healthy eating is about more than the food on your plate—it is also about how you think about food. Healthy eating habits can be learned and it is important to slow down and think about food as nourishment rather than just something to gulp down in between meetings or on the way to pick up the kids.

Healthy eating tip 4: Fill up on colorful fruits and vegetables
Fruits and vegetables are the foundation of a healthy diet—they are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants and fiber. Fruits and vegetables should be part of every meal and your first choice for a snack—aim for a minimum of five portions each day. The antioxidants and other nutrients in fruits and vegetables help protect against certain types of cancer and other diseases.

Healthy eating tip 5: Eat more healthy carbs and whole grains
Choose healthy carbohydrates and fiber sources, especially whole grains, for long lasting energy. In addition to being delicious and satisfying, whole grains are rich in phytochemicals and antioxidants, which help to protect against coronary heart disease, certain cancers, and diabetes. Studies have shown people who eat more whole grains tend to have a healthier heart.

A healthy lifestyle must be reinforced at home as well as at school. That is why it is so important to start positive exercise habits at a young age and that is the main reason we have fitness homework here at Mattawoman. Most fitness homework assignments will be brief but they will be collected and graded every time. All fitness homework must be signed by a parent. Hopefully these fitness home works will be motivating for the entire family and will help every student.

Assignment: – Physical – 30 min. Muscular Endurance workout. What did you do?

___________________________________________________________________________

Parent Signature (Required):______________________
I participated with my child: Yes _____ (.5 extra credit) No_______
1. Which fact from above stood out to you? And why?

2. What physical muscular endurance activity benefits you the most and why?

3. Why is it so important to make good choices when planning your meals?