**ACTIVITY: Get Active!**

**Your Name:**

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## Be a Super Crew® Fitness Star

Track your fitness for a week!

The Super Crew® Kids love to exercise to be strong and think, look and be their best!

**Directions:** Color in the parts of your body you strengthened: heart, muscle and/or bone. Then write in the activities you did and the total amount of time you exercised that day.

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<thead>
<tr>
<th>Monday</th>
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### The Super Crew’s Favorite Exercises

**Aerobic**

- Brisk walk
- Run
- Biking
- Jump rope
- Playing tag
- Exergames

**Muscle**

- Gymnastics
- Climbing trees
- Sit-ups
- Push-ups
- Yoga

**Bone**

- Run
- Jump rope
- Soccer
- Basketball
- Tennis

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**Favorite activities I included this week:**

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**One new activity that I want to try next week:**

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“I do my best to get 45 minutes of aerobic activity and 15 minutes of bone or muscle exercises to stay strong.”

- Andy

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What does exercise do for you and your body?

- Promotes a fit and healthy body
- Pumps up energy so you can play harder
- Keeps sickness away
- Boosts your mood
- Helps maintain or achieve a healthy weight
- Builds your muscles
- Gives you fun ways to move!

“Hiking works out my heart, muscles and bones!” — Andy

“Daily exercise feels great!” — Super Baby Abigail

Draw a picture of yourself doing your favorite exercise.

What are 3 exercises that are good for either your muscle or bones?

1. 
2. 
3. 

What are 3 exercises that are good for your heart:

1. 
2. 
3. 

“Aim for at least 60 minutes of exercise each day!” — Kira

What’s your favorite dance move?

☐ Yes ☐ No

Visit www.aicr.org and www.superkidsnutrition.com to learn how to make healthy eating and living choices and for more fun activities with the Super Crew.