

# PowerSkills

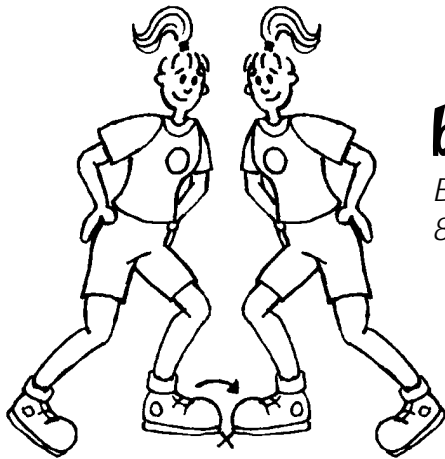


## Heart Health for Life

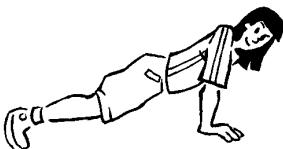
*Build your strength, endurance and flexibility*

### Ready

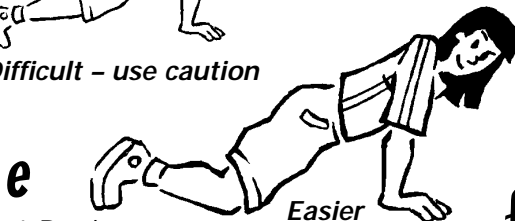
- **Important!** Warm-up for 2-3 minutes by doing some walking type activities then some light stretching before you start.
- To prevent injury, start with the easier versions. Over time work towards doing the difficult moves.



**a**  
Lunges – right then left  
8 counts



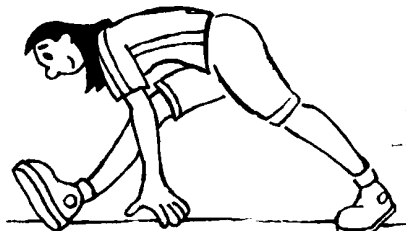
*Difficult – use caution*



**e**  
4 Push-ups  
Keep back straight – 4 counts

**b**

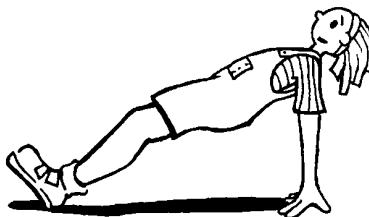
Back Kicks - left then right leg  
8 counts



*Easier*

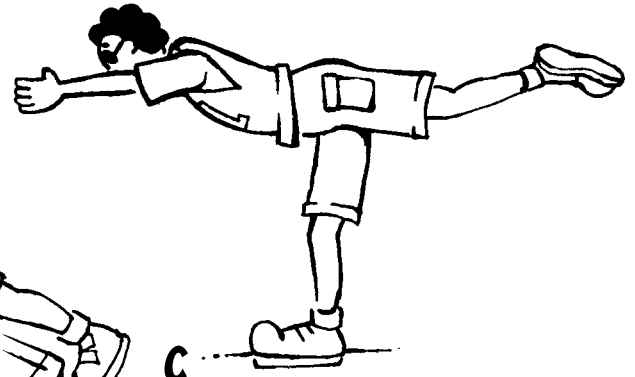
**d**

Front or Jazz Splits – Hold 4 counts



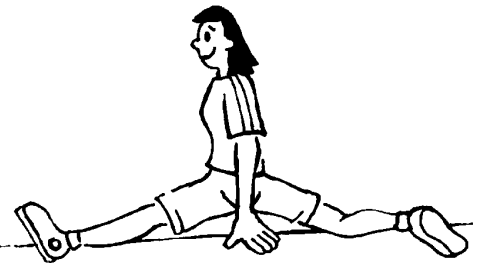
**f**

Back Support – Hold 2 counts



**c**

Front Scale Hold – 4 counts



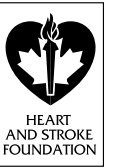
*Difficult – use caution*



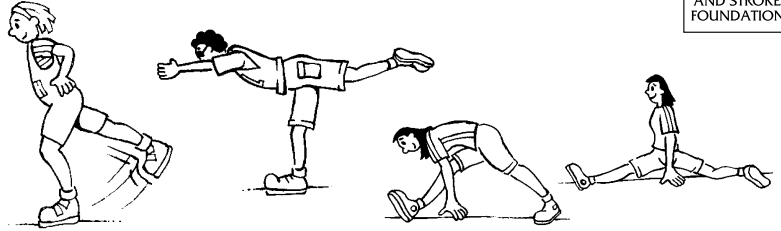
**g**

Turn Jump – 1 count

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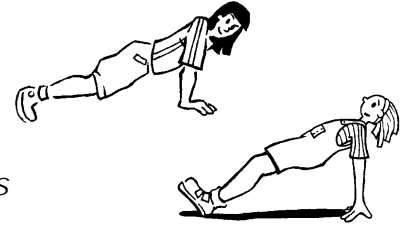


Do you exercise your heart most days of the week for 30 minutes? This is the key to a strong healthy heart and body!



## Set!

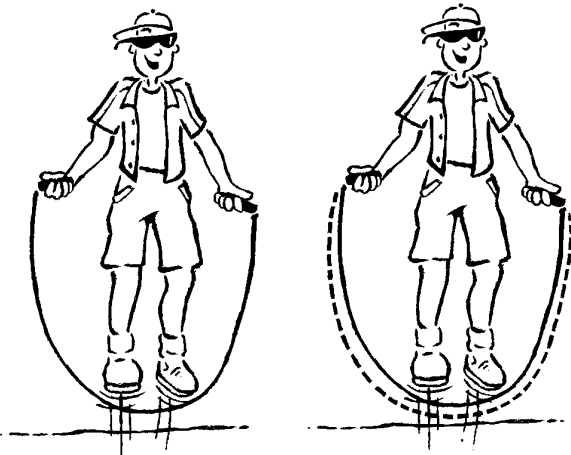
- Practise these moves in sequence.
- Create interesting ways to connect the moves so your routine flows.
- The counts should be at a speed that you can safely do the moves.



## Skipping for fun n' fitness

### Speed Skipping

- Warm-up by doing some walking type activities then some light stretching.
- Can you skip at high speeds?  
Over 60 skips /min - Excellent!  
Over 60 skips /40 seconds - Wow!  
Over 60 skips /30 seconds - Amazing!



## GO!

- Polish your routine to music and repeat the sequence for the length of the song.
- Work in groups of 2,3 or 4.
- Create interesting formations.
- Try different arm positions and motions:



## Heart Leaders!



- How fast can you skip on one foot?
- Can you skip while walking or running?
- Can you play hop-scotch while skipping?

Estimate how many sit-ups or jumping jacks you can do in 3 minutes then try it. How far can you run in 10 minutes at a comfortable pace? Make your own "Book of Records" by setting goals and trying to improve overtime. Challenge your friends and family to do the same.

