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.

Lunges – right then left
8 counts

Back Kicks - left then right leg
8 counts

Front Scale Hold – 4 counts

Front or Jazz Splits – Hold 4 counts

4 Push-ups
Keep back straight - 4 counts

Back Support – Hold 2 counts

Turn Jump – 1 count
**Power Skills**

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

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

**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:
  - a.
  - b.
  - c.
  - d.
  - e.

**Heart-Leaders!**

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.