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. Jumping Jacks - 16 counts

b. 8 Side Kicks - left then right leg - 8 counts

c. Front Free Hold Leg - Hold - 4 counts

d. 4 Push-ups - Keep back straight - 4 counts

e. Pancake - Hold - 4 counts

f. Back Support - Hold - 2 counts

g. 1 Tuck Jump - 1 count
**Power Skills**

**You are exercising your heart if:**
- Your heart is beating faster.
- You are sweating.
- You can hear yourself breathe.

**Skipping for Fun n' Fitness**

**Skipping Twins**
Partners turn their ropes at the same time.

**Skipping Wheel**
Partners turn their ropes at alternate times. Start with the right rope at the back. On a cue (Ready, Set, Go!), the turners begin to turn the right rope (in their right hands), then the left rope and continue to alternate.

**Tips**
- Try it without a rope at first. Then try it with just the right rope and then just the left rope. Put it together! It should feel like a “swimming motion”.

**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!**

Practise your routine and be physically active every day. While exercising, count how many times your heart beats in 10 seconds. Multiply by 6 to get your exercising heart rate. Create a chart and track your heart rate for a few weeks. Do you notice any difference?