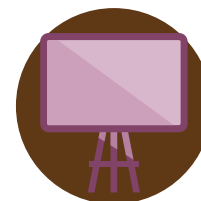




Lesson 2
"Build Your Body" Food Groups – Protein and Dairy

Student Poster



Mix up your Movement



Pick activities that:	To help you:	Movements & Activities:
Keep you moving (and breathing a little hard) for at least fifteen minutes at a time	Strengthen your heart (and also improve your endurance)	Riding your bike, jump rope games, dancing to music, inline skating, running, jogging, swimming, all games that involve running such as basketball, rugby, baseball, football, soccer, or playing tag
Are "weight bearing," which means your body works against gravity	Build sturdy bones	Walking, running, marching, hopping, skipping, karate, gymnastics, tennis, jump rope, all games that involve running such as basketball, rugby, baseball, football, soccer, or playing tag
Work your muscles	Become stronger	Tug-of-war, rope climbing, pumping higher on a swing, swinging bar-to-bar along play equipment, handstands, exercises such as sit-ups and push-ups
Help you to stretch and become more flexible	Move, reach and bend easier	Ballet and other dancing, gymnastics, stretching exercises, doing the splits, toe reaches, yoga
Are FUN!	Enjoy moving and stay in shape	YOUR favorite activities, sports, and exercises!



Aim for a total of 60 minutes of physical activity each day.

