

SciGirls

Activity: Workin' It Out

Staying active is an important part of your overall health. In order to make sure you exercise on a regular basis, you must find activities that both raise your heart rate and that you enjoy doing. It is best to find a balance of aerobic activities (physical exercise of low to high intensity like walking, running, swimming, biking) for a healthy heart, strength training (like weight lifting) for strong muscles and bones, and activities like yoga that improve your flexibility to reduce injury. Find out the best ways to keep your family active and having fun!

Here's How:

1. Talk about some favorite activities (aerobic, strength, flexibility). Which is the most fun? How hard is it? How often do you do it?
2. Come up with three new activities that everyone would like to try. If possible, come up with one activity in each category. Decide how judge each activity based on the following:
 - a. Difficulty - Try talking and singing while you're doing the activity and see if you run out of breath. Create a scale to compare the activities.
 - b. Likeability - Create a scale to compare the activities.

You'll need:

- Space to move around (outside or inside)
- Timer (or stopwatch on your phone)
- Pencil and paper

POINTER: Use this activity as an opportunity to talk about bias. Has there ever been a time when your ideas changed because of someone else's opinion? When is that ok? When is it not ok? If it is not ok, how can you make sure that you aren't influenced by someone else's opinion?

3. Make predictions before trying out each activity. How hard do you think you will have to work? How much do you think you'll like it?
4. Test out each new activity. Do a few activities a day, over the course of a week. This will help your family to stay active, and to have the energy to try everything.
5. Compare everyone's data. Did you all like the same activities? Did everyone think the same activities were hard? Use this data to plan future activities for your family to do together!

Side Note:

Doctors recommend that girls ages 8-13 get 60 minutes of activity 5 days a week. There are some great resources online to keep the family moving.

<http://www.letsmove.gov/make-physical-activity-part-your-familys-routine>



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