### **Healthy Behaviors**

# Exercise

### **Health Benefit**

Increases aerobic fitness and strengthens the heart and lungs.

#### Activity

Jump rope or skip in place for one minute.



Activity 7.19 Healthy Behavior Station Signs From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).

## Healthy Behaviors Muscle Strength

### **Health Benefit**

Increase muscle strength and efficiency.

### Activity

Use an elastic band or weight to perform arm curls.



Activity 7.19 Healthy Behavior Station Signs From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).

# Healthy Behavior Physical Activity

### **Health Benefit**

Increases blood flow and strengthens the heart and other muscles.

### Activity

Choose an activity from the following:

- Basketball dribble for one minute
- Volleyball wall set for one minute
- Soccer dribble for one minute



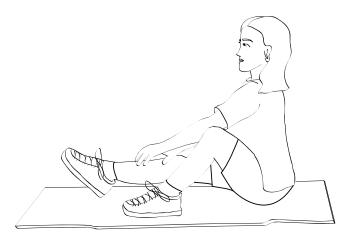
# Healthy Behavior Muscle Flexibility

### **Health Benefit**

Helps keep muscles and joints flexible, and reduces risk of injury.

### Activity

Perform a back-saver sit-and-reach. Hold each leg for 30 seconds.



Activity 7.19 Healthy Behavior Station Signs From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).