

# **Healthy Behaviors**

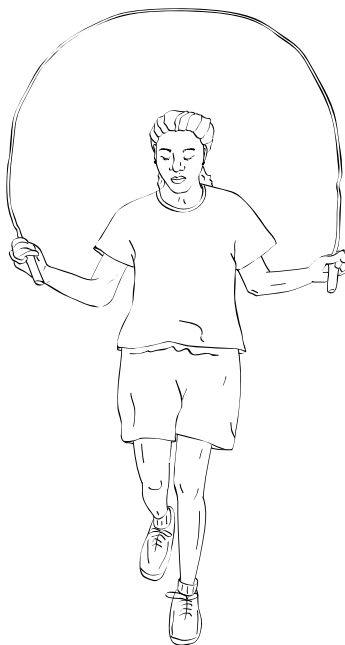
## **Exercise**

### **Health Benefit**

Increases aerobic fitness and strengthens the heart and lungs.

### **Activity**

Jump rope or skip in place for one minute.



# **Healthy Behaviors**

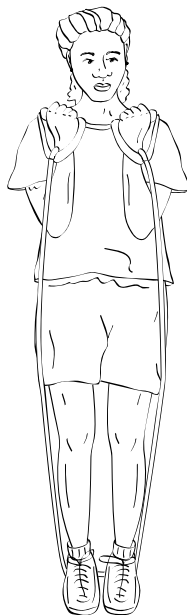
## **Muscle Strength**

### **Health Benefit**

Increase muscle strength and efficiency.

### **Activity**

Use an elastic band or weight to perform arm curls.



# **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.

