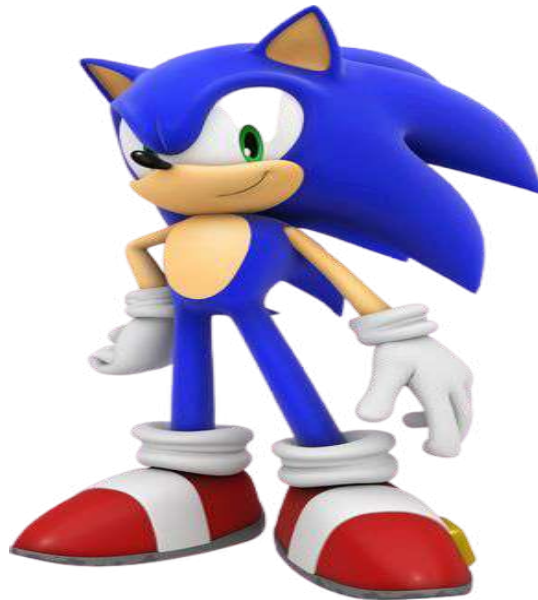


Sonic's in Trouble!

Your mission: Help Sonic defeat Doctor Eggman Robotnik

Task 1: Sonic has a busy day ahead of him. He has to try to defeat Doctor Eggman! Find his Max Heart Rate and his morning (just woke up) heart rate (click on Sonic)



Sonic is 17 years old, what is his Max Heart Rate (Show the equation as well)

Max Heart Rate:

What is Sonic's Heart rate when he wakes up? :

What type of heart rate is it? :

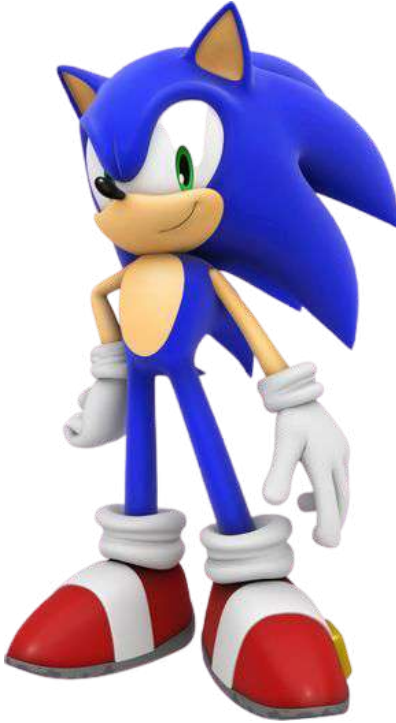
Task 2: Sonic has been waking up sore lately. List at least 10 stretches (should be a combination of static and dynamic). After each stretch place an S or a D for Static or Dynamic and list the muscles that they are working. **Make sure to stretch the entire body!**

<u>Stretch Name</u>	<u>S/D</u>	<u>Muscles</u>

Task 3: Sonic is confused, how come some of the stretches are moving (dynamic) and some he is still for (static). Can you explain to him what the benefits of both types of exercises are and how they can keep him from getting injured when facing Doctor Eggman.

Task 4: Excellent Sonic feels much better, however he still feels slightly stressed from taking on Doctor Eggman yesterday. List 5 ways that Sonic can reduce his stress. Also add a picture of each activity.

Task 5: Ah! Sonic feels the stress melt away and thinks he is ready to take on Doctor Eggman! Sonic is ready to go for a 20 minute run to prepare for his take down of Doctor Eggman.



What component of Fitness is running?

What is Sonic's Target Heart Rate zone?

Is his heart rate in the zone? Explain! (Click on Sonic to hear the heart rate)

Task 6: Sonic is hungry after working out this morning and wants to make sure he has enough energy to take on Doctor Eggman. What would be a good breakfast that would incorporate the 5 categories of MyPlate.

Task 7: OH NO! Doctor Eggman has found him earlier than expected and it is time to battle! Watch this video clip and prepare for the [ultimate battle](#)! Upload a video of your battle here of you doing the following sequence:

1. Step up
2. Jump
3. Cross Punch
4. Get down on the ground
5. Jump
6. Side shuffle to the right 3 steps
7. Get down on the ground
8. Get up and cross punch
9. Side shuffle to the left 3 steps
10. Repeat 3x!

Video:

Task 8: Thanks for your help in defeating Dr. Eggman! Man is Sonic thirsty.

What is a good replenishing drink, and how much should he have throughout the day?
What is a good message (way for him to check) to give Sonic to make sure he stays well hydrated throughout the day?

Task 9: Sonic needs to cool down after a stressful battle with Dr. Eggman. His legs are really sore from all that running and bouncing off the buildings. Upload a video of you showing Sonic how to do 3 different leg stretches. Make sure you explain to him what muscle it is stretching and how long he should do the stretch for. Make sure to do both legs!

Video:

What is the purpose of a warmup and a cooldown?

Task 10: Sonic feels much better! Thanks for helping. That was a very stressful situation and sonic wants to make sure to get his mind back to a good space before the end of the day.

What are 3 breathing techniques he can do to calm himself down:

Upload a video of you doing one of the breathing techniques.

Video:

**CONGRATULATIONS! You have
successfully defeated Dr. Eggman and kept
Sonic physically and mentally healthy!**