

Week 2, Workout 2

LEVEL

1

WARM UP -- (10 minutes) Complete warm up prior to beginning exercises.

ENDURANCE -- (15 minutes) Do each exercise for 30 seconds. Rest for 1 minute in between each exercise. Complete three times.

JUMPING JACKS

1. Jump up and spread your legs apart as you swing your arms over your head.
2. Jump again and bring your arms back to your sides and your legs together.

1



2



HEALTHY FOODS

Eating right is important to your health and your sports performance. Eating right can be easy because there are many delicious healthy choices.



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STRENGTH -- (20 minutes) Do 10 of each exercise and then move on. Rest for 1 minute in between each exercise. Complete three times.

STRAIGHT LEG RAISES

1. Stand tall. Use a chair or wall for balance.
2. Forward: Slowly lift your leg up in front of you as high as you can. Keep your leg straight. Then lower back to starting position. Do not relax your leg. Do not swing your leg.
3. Side: Slowly lift your leg out to the side with your toe pointed forward. Keep your leg straight. Then lower back to starting position. Do not relax your leg. Do not swing your leg.
4. After you have completed all leg lifts on one side, switch to the other side.

1



2



3



4



YOUR GOAL IS TO EAT AT LEAST 5 TOTAL FRUITS AND VEGETABLES EVERY DAY!

You know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating. Turn to the next page for a list of all the food groups and some great choices in each group.



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1

FLEXIBILITY -- (5 minutes) Do the stretches below for 30 seconds. Make sure to do both sides of the stretch only focusing on one side of the body.

COOL DOWN -- (10 minutes) Following the flexibility exercise, perform cool down found .

CALF STRETCH

1

1. Stand facing a wall. Put your hands against the wall at shoulder height.
2. Put one foot in front of the other.
3. Bend your elbows and lean in toward the wall. You will feel a stretch in your calves.
4. Keep your knee straight and your hips forward. Make sure your heel stays on the ground.
5. Switch your feet and repeat the stretch.



FRUITS

- Fresh: Apples, Bananas, Berries, Grapes, Kiwi, Oranges
- Frozen Fruits
- Canned fruits (pick options with no added sugar)
- Dried fruits: Raisins, Bananas, Apricots
- Seasonal Fruits



MEATS & BEANS

- Lean Meats
- Eggs
- Fish (frozen, fresh or canned)
- Tofu
- Nuts
- Nut Butters
- Beans, Legumes and Pulses

GRAINS

- Brown or Wild, or Unpolished Rice
- Oatmeal
- Whole grain Bread
- Whole Grain Pasta
- Whole Grain Crackers
- Tortilla
- Flatbread and Roti

DAIRY

- Low-fat or Skim Milk
- Low-fat Cheese
- Low-fat, unsweetened yogurt
- Cottage Cheese

VEGETABLES

- Fresh: Asparagus Broccoli, Carrots, Cauliflower, Green Beans, Peppers, Squash
- Lettuces and Dark Leafy Greens
- Frozen Vegetables
- Salads
- Canned Vegetables