

Week 5, Workout 1

LEVEL
3

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 rep. Complete three times. Take a 2 minute rest break between each exercise.

1



2



3



4



5



WASHING YOUR HANDS

Hygiene is an important part of your overall wellness, as it has to do with keeping your body neat and clean. Your hair, skin, and teeth need your care on a daily basis. As we get older, it's even more important to take care of our bodies, since this can prevent many infections. Every person has a responsibility to take care of his or her body.



FORWARD JACKS

1. Stand with one foot in front of the other and your arms down by your sides.
2. Jump up and switch your feet. Swing your arms sideways over your head.
3. Jump to bring your arms back to your sides and switch your legs back to the starting position.

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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.

SQUATS

1. Stand with your feet as wide as your shoulders.
2. Bend your knees and hips until you look like you are sitting in a pretend chair. Keep your chest up. Keep your feet flat on the floor.
3. Use your legs to stand up.



WASHING YOUR HANDS

Washing your hands is a simple way to keep clean throughout the day. By washing your hands, you get rid of dirty germs. This prevents you from getting sick or possibly making others sick. The best way to wash your hands is by following these three steps:

- » Wet your hands with warm water.
- » Rub soap in your hands for about 20 seconds (or sing "Happy Birthday" to yourself). Be sure to get between your fingers and onto your forearms.
- » Rinse your hands with warm water and dry them using a towel or air dryer.

It is recommended to wash your hands before and after you eat, after you use the restroom, after you play with animals, after blowing your nose, coughing or sneezing, or whenever you think your hands may have gotten some germs on them.



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FLEXIBILITY -- (5 minutes) Do the following stretches 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.

KNEELING HIP STRETCH

1. Kneel on the ground.
2. Take one big step forward. Bend your front leg.
3. Push your hips forward and put your hands on your hips. You should feel a stretch in your back leg's hip area.
4. Repeat the stretch with the other leg in front.



WASHING YOUR HANDS

When coughing, a great strategy is to cough into your upper arm rather than into your hands. If you don't have soap and water, try using hand sanitizer. It's important not to use this on a regular basis, as it can dry out the hands and lead to roughness. This can lessen the protective barriers of the skin that are helpful in reducing infections.

