

# Week 7, Workout 1

LEVEL

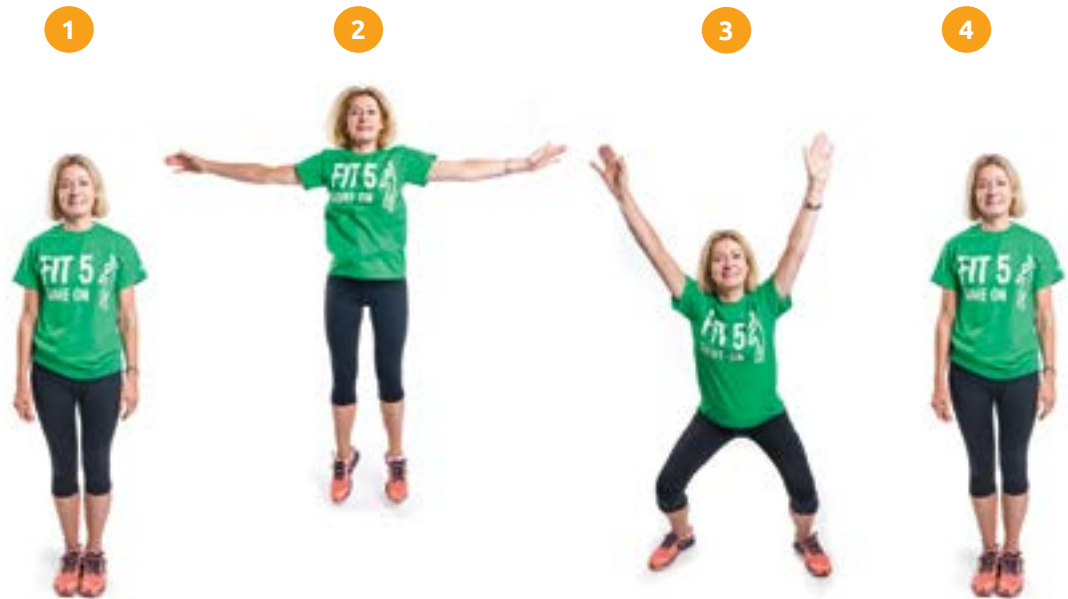
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**WARM UP** -- (10 minutes) Complete warm up prior to beginning exercises.

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

## JUMPING JACK SQUAT

1. Stand with your feet together and your arms down by your sides.
2. Jump up and spread your legs apart as you swing your arms over your head.
3. As you land with your legs apart, bend your knees and go into a wide squat.
4. Jump up and bring your arms back to your sides and your legs together.



## BUILDING A HEALTHY PLATE

Make half of your plate  
fruits or vegetables



Fill the other half  
with foods like whole  
grains, dairy, and  
protein



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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.

## BACK LUNGE



1. Stand tall. Use a chair or wall for balance if necessary.
2. Take a big step backward with your right leg. Put only the ball of your foot on the ground.
3. When you feel balanced, bend both your front and back leg so that your back knee almost touches the ground.
4. Step forward together. Keep your body straight the whole time.
5. Complete all repetitions with your right leg stepping back. Then switch to your left leg stepping back.

### BUILDING A HEALTHY PLATE

Now you know what types of foods to eat, here's how you build a healthy plate for a meal or for a snack:

- » Watch the amounts of food you put on your plate
- » Keep snacks healthy and small

» Avoid empty calories. Examples include:

- o Potato Chips
- o Cookies
- o Soda
- o Candy Bars
- o Bacon
- o Ice Cream

» Save empty calories for special occasions!

» Take your time when you eat to avoid overeating



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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 HAMSTRING STRETCH

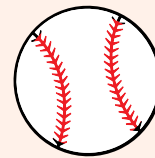
1. Kneel on the ground with one leg straight in front of you. Your front heel should be on the ground. Your toes should be pointing up.
2. Keeping your front leg straight, bend at your hips and lean over your front leg. Put your hands on the ground on both sides of your front knee. You should feel a stretch on the back of your front leg.
3. Repeat the stretch with your other leg in front.

*Note:* You can hold onto a wall or chair for balance if you have trouble balancing in this position.



## PERFECT PROPORTIONS

Here is a fun way to remember how much to eat when you have a serving. The size of sports equipment on the left is about the same size as one serving of the food on the right:



baseball

=



1 serving of fruit



1 serving of rice or pasta



1 serving of vegetables



hockey puck

=



1 serving of bread



1 serving of beans



1 serving of meat



golf ball

=



1 serving of cheese



1 serving of nuts



1 serving of nut butter