



Workout sheet

Time: 40 minutes

Adults: The Fun 2B Fit workout is designed to help children become fit and make exercise part of a fun and healthy lifestyle. Let your child teach you how to have fun being fit. Feel free to use your favorite music or songs.

1. Aerobic Warm-Up:

Muscles need time to “get ready” before stretching. Pretend your muscles are taffy. If you pull on taffy when it’s cold, it will tear and sometimes break. But if it’s warm, it stretches easily. Follow along with the moves the singer calls out to “warm-up” your muscles!

2. Stretch:

(Refer to back page for which muscles to stretch)

Examples:

- Stretch your arms over your head and to the side.
- Stretch your legs, touch your toes, do a runner’s stretch.

3. Aerobic Games:

A) Music Memory

Create one or two moves for each of several songs. Scramble the songs or play “freeze.”

Examples:

- Two steps to the left, then two steps to the right
- Twist your body and swing your arms
- Create your own funny walk
- Pretend you are playing an air guitar, piano or trumpet
- Do jumping jacks or frog hops to the rhythm of a favorite song



B) That’s My Move

Child and/or parent creates one simple movement. For example, Sandy’s Move (waving her arms in the air). Everyone dances to the music. Then the child copies a move from his or her parent and teaches it to the other members of the family. The child then continues adding different family members’ moves.

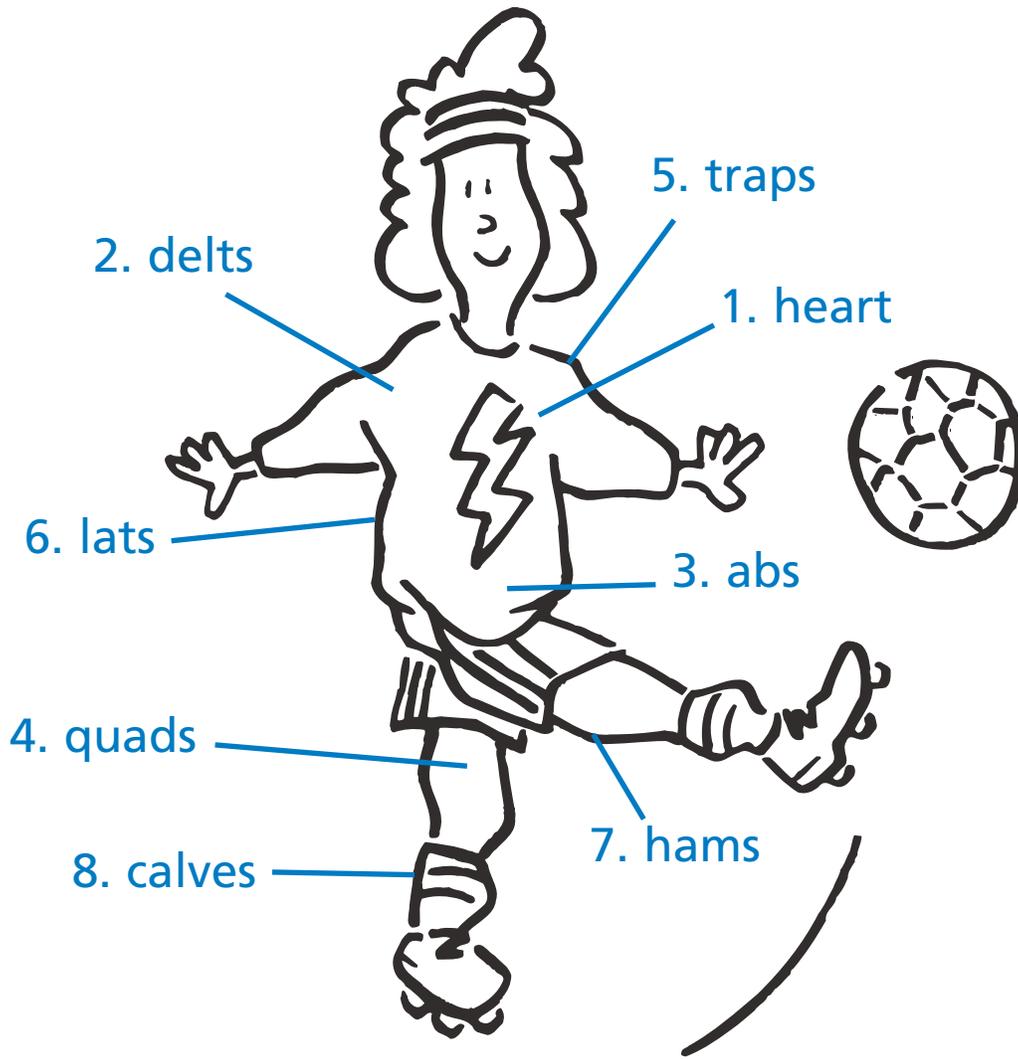
4. Muscle Mania

You will learn the names of your different muscles, how they feel when you move and understand how they work. Children can show their parents each of these muscles and demonstrate a move from the “Fun 2B Fit workout.”

5. Cool Down

Pick a slower song. Do your stretches again. It’s just as important to cool down your muscles as to warm them up. You want them to stay strong and lean. Also, try some deep breathing to reduce your heart rate.

Muscles to stretch



1. Heart - Your heart is the most important muscle in your body. It helps you pump blood to all the parts of your body and allows your muscles to work.

2. Delts (Deltoids) - Your delts help you lift things over your head.

3. Abs (Abdominals) - Your abs help you do a sit-up.

4. Quads (Quadriceps) - Your quads help you run. They are the muscles on the front of your thigh.

5. Traps (Trapezius) - You use your traps to row a boat. They are found on the back of your shoulder.

6. Lats (Latissimus Dorsi) - Your lats help you do a pull-up.

7. Hams (Hamstrings) - Your hamstrings give you the ability to kick yourself in the rear.

8. Calves (Gastrochemius) - You use your calves when you leap into the air.