

# A 10 MINUTE HEAD START TO A HEALTHY DAY

Hands on Challenge for a Better, HEALTHIER You!!!



Mr. Van Keuren

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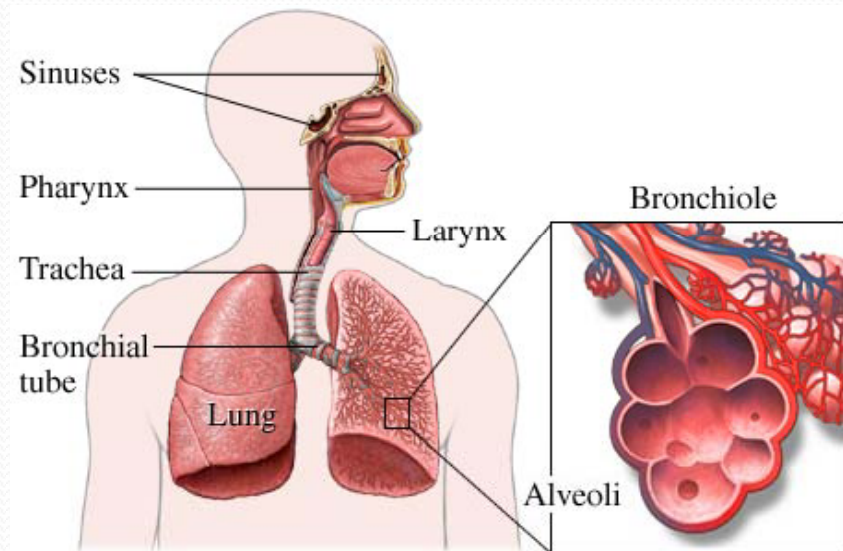
Physical Education

Shaw Ave. Elementary

June 3, 2011

# Why is Exercise Important?

- The Respiratory System
  - The nose, air passages and lungs
- The Cardiovascular System
  - The Heart and Blood Vessels



# Why Should We Exercise?

- Your heart has to send blood through the blood vessels. People with more fat have more fat deposits that clog the vessels.
- Exercise helps lose fat and unclog the vessels.
- Exercise helps keep our bodies working and strong.
- Exercise increases energy, helps reduce stress and helps you sleep more soundly.
- Stress is a risk factor for heart disease. Exercise is one of the best ways to reduce stress.
- Exercise improves your ability to use oxygen.
- Exercise also provides the energy needed for special activities.
- Exercise helps prevent heart attack and stroke.



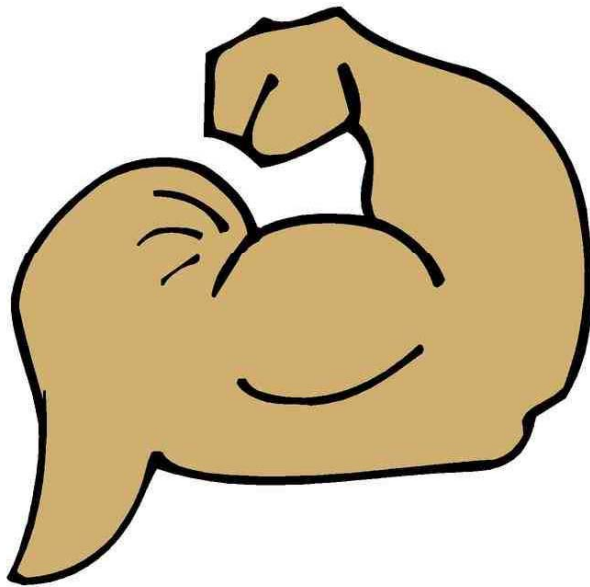
# The Heart

- Your heart is located in the middle of your chest.
- The heart is a pump that pumps blood through your body.
- The heart is as big as your fist and weighs less than one pound.
- The heart is a muscle. It is the most important muscle in the body. It never stops and never gets a rest.
- It is amazing that your heart never gets tired.



How can we keep the Heart Healthy and Strong?

# Exercise and Fitness



- Exercise strengthens your body and muscles. Strong muscles help with good posture.
- Exercise strengthens your heart so it can pump more blood per beat and doesn't have to work as hard.
- Exercising three to four times a week for 30 minutes increases the strength of the heart, helps keep your arteries clear and lowers the risk of heart disease.
- Keeping fit strengthens bones.



# Let's Get Advanced!

## METABOLISM

- Your metabolism converts food into fuel and affects how efficiently you burn that fuel.
- “The process of metabolism establishes the rate at which we burn our calories and ultimately, how quickly we gain weight or how easily we lose it.”

Robert Yanagisawa, MD, director of the Medically Supervised Weight Management Program at Mount Sinai Medical Center in New York.

# Let's Start the Challenge!!

We want to log our exercise for a week or longer.

And, this is how we're going to do it.

## A 10 MINUTE HEAD START TO A HEALTHY DAY

Start and End Date: \_\_\_\_\_

Name: \_\_\_\_\_

Log the reps or time the exercise was completed

Muscle's Worked:	Exercise/Activity	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Total:
Chest and Shoulders	Push Ups								
Full Body	Mountain Climbers								
Chest and Shoulders	Wall Push Ups								
Biceps and Back	Chin Ups								
Shoulders and Back	Pull Ups								
Back	Good Mornings								
Cardio and Legs	Jumping Jacks								
Calves	Sky Jumps								
Hamstrings and Quads	Wall Squats								
Quads	Wall Seats								
Hamstrings and Quads	Leg Lunges								
Abdominals	Sit Ups								
Abdominals	Crunches								
Abdominals	Bicycle Kicks								
Abdominals	Leg Raises								
	Each Day's Total:								

Can You Think of Any Other Exercises to Add to This Exercise Log? Keep Thinking Positive!!!



# Time to Review our Exercises

## Exercises for Our Skeletal Muscles

- Good Mornings
- Mountain Climbers
- Push Ups
- Wall Push Ups
- Wall Squats
- Wall Seats
- Sky Jumps
- Chin Ups/Pull Ups
- Step Ups

## Exercises/Activities for Our Cardiovascular and Respiratory Systems

- Running in Place
- Dancing
- Quick Feet
- High Knees
- Line Jumps/Up and Over
- Step Ups
- Jumping Jacks

## Exercises/Activities for our Abdominals

- Leg Lifts
- Sit Ups
- Crunches
- Bicycle Kicks



# Let's Practice Together!!!

For those interested, please find an open area to practice  
our exercises

I'll demonstrate first, then we'll practice 10 repetitions  
together

THIS IS PRACTICE, NOT A RACE 😊

# Good Mornings

A Great Starter!!!

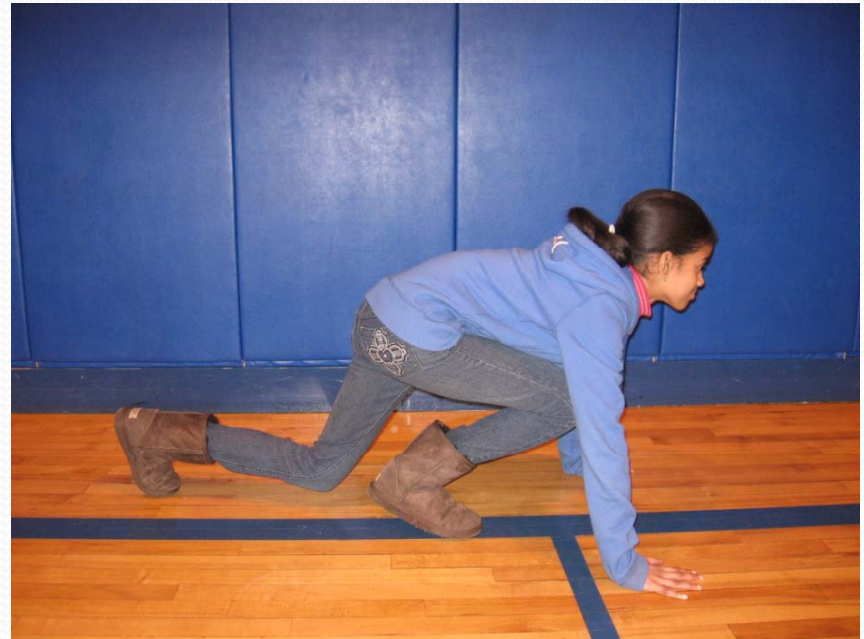
Kameron



# Mountain Climbers

I Can Do This!

Joanna



Bring your knees to your chest on each stroke. Do as many steps as you can in a minute.

# Push Ups

Time to Push IT!!

Michael

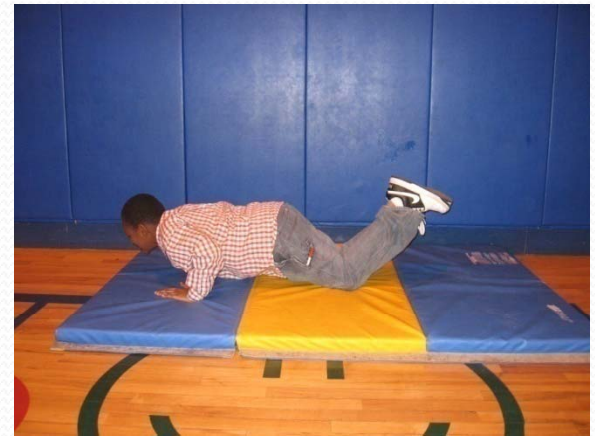


Keep Your Back Straight

Standard Form



Modified Knee Push Ups



Narrow Form

Wide Form



# Wall Push Ups

Let's Give it 100%!!

Edward



You can do this with the same hand position as a regular push up.



# Wall Squats or Wall Seats

Feelin' The Burn!

Kameron & Rosemary

The Wall Squat is a continuous motion up and down in rhythm.



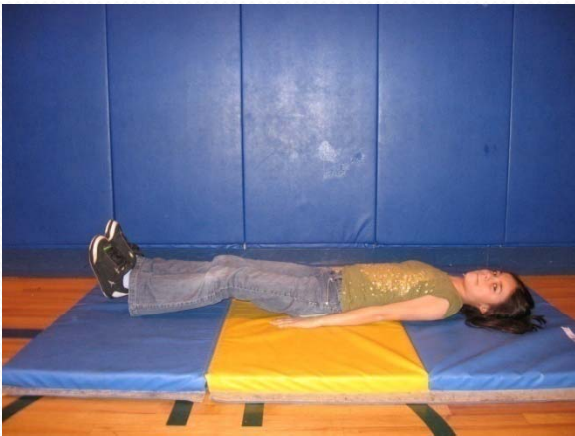
Hold the Wall Seat position for as long as you can within a minute.

- A Full Minute – Amazing!
- 30 Seconds – Great
- 5 Second Rests between, Keep Pushing

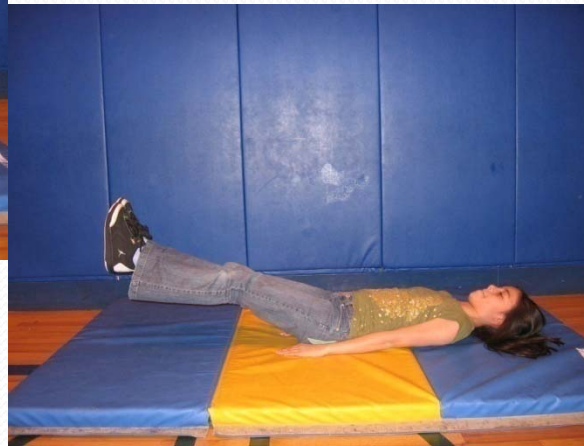
# Leg Lifts

Oh Yeah!!

Devina



Start low: 6" from the ground  
•Hold it to make it more difficult



Increase to 20 degrees  
•Again, Holding will make it harder

Increase and pause at 45 degrees  
•This is a good position to rest in  
•When ready, start again  
•Try to hold and raise for a minute



# Sit Ups

Piece of Cake!



Alia



Do not pull on your head to help. Hold your fingertips lightly at your temple.

# Crunches

Just Do It!!



Taneeya



Keep your legs up if you can. Bring your chest to your hips by “folding” your stomach.

# Bicycle Kicks

Keep It UP!!

Linda



It's like pedaling a bike while laying on your back!!

# Leg Lunges

“Ensure Longevity with Lengthy Leg Lunges”

- Ms. Tauber's alliteration

Simran



Make sure your knees don't pass your front toe and keep your back leg straight.

# Chin Ups/Pull Ups

**PULL, PULL, PULL**



**Chin Up: Your Palms are facing your body.**



**Victor**



**Pull Up: Your Palms are facing away from your body.**



# Here's an Idea!

## A SAMPLE 10-MINUTE WORKOUT

- Running in Place - **Cardio**
- Good Mornings – **Back**
- Sky Jumps – **Legs/Cardio**
- Mountain Climbers – **Full Body**
- Leg Lifts - **Abdominals**
- Push Ups – **Chest/Shoulders**
- Jumping Jacks – **Full Body/Cardio**
- Wall Squats – **Legs/Abdominals**
- Crunches - **Abdominals**
- Dancing – **Full Body/Cardio**



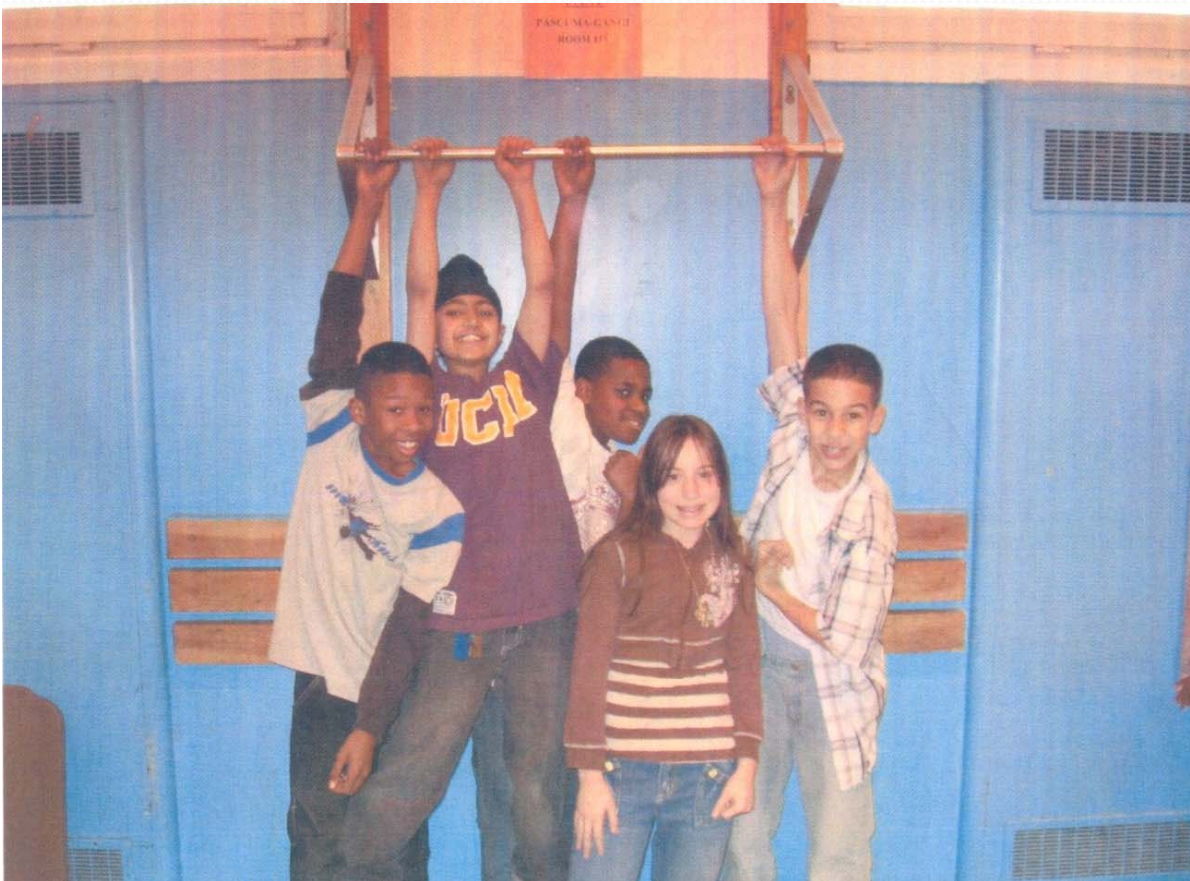
Perform each for a minute and be sure to do the best you can!!

# Let's Review!!

- ANYONE CAN DO THIS!!!!
- Wake up just 10 minutes earlier for a NEW, HEALTHIER YOU!
- Watch the Clock!!
  - 10 Minutes is all you need
  - Choose only a few exercises but try to work your entire body.
- Be sure to complete and log each exercise everyday.
  - Log the Number of Repetitions Completed
  - For Certain Exercises that are “Holding Positions,” count the seconds you can hold it for in a minute.
  - The GOAL is to choose 10 exercises and do as many as you can for a minute.
- At the end of each day be sure to total up the number of repetitions you've completed.
- If you need more log sheets, I can be reached at

# GOOD LUCK!!!!

Always Do Your Best and Give 100%, You Can Only Improve!!



These previous  
students  
proved to excel  
in the  
challenge, CAN  
YOU!?!

From Left to Right:  
Justin, Gary, Jeffrey, Jennifer  
and Alexander