

WORK YOUR ABS

GOAL

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Engage in 1 hour or more of physical activity every day.

To learn more about the 5-2-1-0 goals, visit FitnessforKidsChallenge.com.

CHALLENGE: HOW MANY SIT-UPS CAN YOU DO?

This activity is to see how many sit-ups you can do in a row.

Have someone hold your feet while you do your sit-ups. Count how many you can do now and then see how many more you can do later in the Challenge. If you don't know how to do a sit-up, ask your parent/guardian or gym teacher!

How many sit-ups can you do in a row?

Tip to take away:

The muscles of your stomach help support your back during the day. Sit-ups can help you strengthen your stomach muscles and help balance your back muscles so you don't hurt your back. Plus sit-ups are a great exercise that you can do anywhere!

