

HOP TO IT!

GOAL

1

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

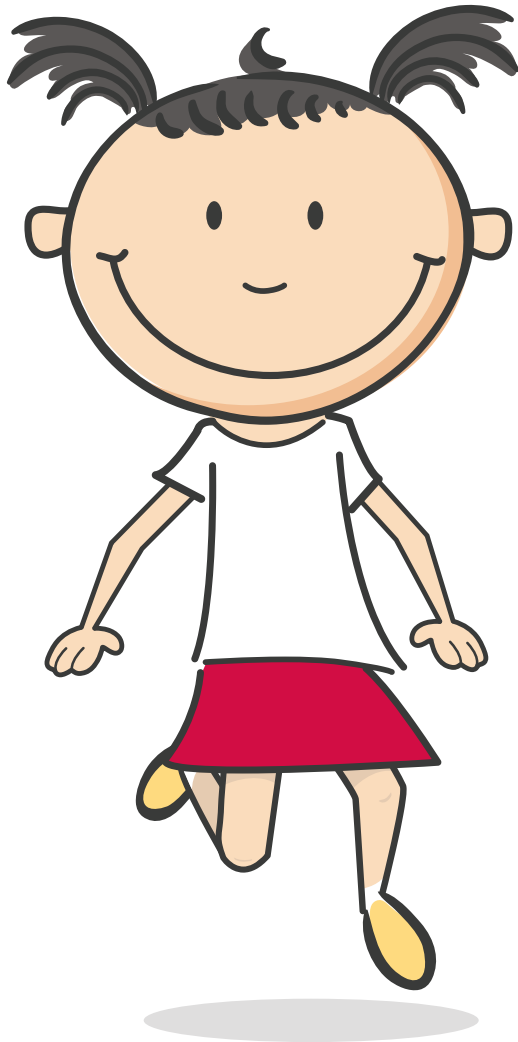
To learn more about the 5-2-1-0 goals, visit FitnessforKidsChallenge.com.

ACTIVITY: SKIP OR JUMP YOUR WAY TO GOOD HEALTH!

For this activity, you'll skip or jump (you don't need a rope, but still make the movement with your arms) for exercise.

Try to do 10 minutes of jumping or skipping each day. Since 10 minutes is a long time you can take time to rest, just make sure by the end of the day you have 10 minutes.

How many days did you jump or skip for 10 minutes?



Tip to take away:

Jumping and skipping can help improve your health. They both have a lot of health benefits like building your muscles and making your bones strong. It will also help with your coordination, balance, speed, timing and rhythm!

