

UPPER BODY STRENGTH

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.

CHALLENGE: HOW MANY PUSH-UPS CAN YOU DO?

Ask your family to join you in doing push-ups.

List everyone's name and how many push-ups they did. Put a star next to the name of the person who did the most push-ups. If you don't know how to do a push-up, ask your parents/guardian or gym teacher!

Name

Number of Push-Ups

Tip to take away: Physical activity helps keep your body and mind healthy and productive. After a challenging activity your heart is happy, your muscles are strong, and your brain is wide-awake! Do a few push-ups before you head off to school to get a healthy start to your day!

