

Parent Connection

The subject that we are studying right now is Exercise and how it affects Nutrition and Health.

GETTING STRONGER

With your parent's involvement make a list of ordinary everyday things you (or your parents do) that would be made easier if you exercised everyday. Would you climb stairs more easily? Would cutting the grass or carrying heavy groceries become easier?

Your list:

Exercise Goal

Ask your parents to keep time and count the number of repetitions you made each day.

Day #1 – do the exercise for two minutes

Day #2 – do the exercise for four minutes

Day #3 – do the exercise for five to six minutes.

Increase the exercise time each day. Keep a record of your progress and how you feel.

