



RATE THE INTENSITY!

INCLUDE AT LEAST 20-30 MINUTES OF VIGOROUS-INTENSITY EXERCISE 3 OR MORE DAYS PER WEEK

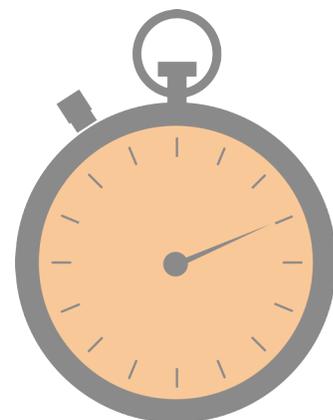
This week, the fit kit Challenge is a circuit. The fit kit Circuit is a specific type of interval training. This training involves bursts of **vigorous-intensity exercise** with periods of lighter activity or rest. Intervals keep the workout interesting! Invite others to join in the fun!

The **FIT KIT CIRCUIT** includes 6 exercises. Some of the exercises are for building strength (**green cards**), while others are for increasing aerobic fitness (**orange cards**). No special equipment required!

Pay close attention to how you *feel* during the fit kit Circuit. As exercise intensity increases, so does heart rate, breathing, and sweating. It may also become harder to talk during exercise.

What to Do:

1. Set up the circuit (see exercise cards on page 2)
2. Warm-up ★
3. Do the fit kit circuit!
4. Cool down ↻
5. Rate the intensity (see worksheet on page 3)



A 5- to 10-minute warm-up is necessary to get the body ready for exercise. Any activity can be used for a warm-up, such as walking, light jogging, or playing an active game. Or a warm-up can consist of a series of exercises such as marching/jogging in place, side stepping, or jumping jacks. Be creative!



For a cool down, walk around to get your heart rate to gradually come down. If desired, do some light stretching.

Perform each exercise for 45 seconds. Give yourself 15 seconds of rest between each exercise. Repeat the entire fit kit Circuit at least 4 times to achieve the goal of 20-30 minutes of **vigorous-intensity exercise!**

1

Hopscotch

What to do:

1. Start in a standing position. Place your feet shoulder-width apart, knees slightly bent, and arms at your sides.
2. Jump up in the air and bring your feet out wide.
3. Land with both feet wider than shoulder-width apart (double foot landing).
4. Jump up again and bring your feet toward the center.
5. Land on one foot with the other leg bent behind you (single foot landing).
6. Switch the leg behind for the next hopscotch.
7. Repeat, alternating landings, for the duration of the timed interval.



2

Squats

What to do:

1. Start in a standing position. Place your feet shoulder-width apart, knees slightly bent, and arms at your sides.
2. Push hips back to lower your body down until your thighs are about parallel with the floor. Pretend you are sitting on an invisible chair. Bend your elbows at your sides or raise arms in front of you for balance.
3. Push into your heels to stand back up.
4. Repeat for the duration of the timed interval.



3

High Knees

What to do:

1. Start in a standing position. Place your feet shoulder-width apart, knees slightly bent, and arms at your sides.
2. Bend your elbows and raise your forearms out in front to make a 90-degree angle, or "L". Face the palms of your hands down.
3. Jog in place and lift one knee at a time, high enough to hit your palms.
4. Switch to the opposite knee.
5. Repeat, alternating knees, for the duration of the timed interval.



4

Superkids

What to do:

1. Start in a lying (face down) position. Lie on the floor face down with arms above your head and legs straight.
2. Curl up to lift both arms, both legs, and chest off the floor.
3. Lower back down to lying flat.
4. Repeat for the duration of the timed interval.



5

Invisible Jump Rope

What to do:

1. Start in a standing position. Place your feet shoulder-width apart, knees slightly bent, and arms at your sides.
2. Bend your elbows and pretend to hold an invisible jump rope.
3. Jump, feet together or alternating feet, over the invisible rope while moving arms in a circular motion.
4. Repeat for the duration of the timed interval.



6

Toe Touches

What to do:

1. Start in a lying (face up) position. Lie on the floor face up with your feet flat on the floor, knees bent, and arms at your sides. Face the palms of your hands down.
2. Bring your feet together and raise your legs straight up in the air.
3. Curl up to lift your head, neck, and shoulder blades off the floor. Reach your hands towards your toes.
4. Lower back down to lying flat but keep your legs lifted.
5. Repeat for the duration of the timed interval.





RATE THE INTENSITY!

Name: _____ Date: ____ / ____ / ____

What exercise did you do today? _____

Answer the questions below about heart rate, breathing, sweating, and ability to talk! Then, use the RPE scale (thermometer) to rate the exercise intensity.

MAXIMAL, ALL-OUT EFFORT

- Too hard to keep going for long period of time

VIGOROUS-INTENSITY EXERCISE

20-30 minutes, 3 or more days per week (this can be within the 60 minutes of daily exercise)

- Heart rate, breathing, and sweating—significantly elevated above rest
- Can only say a few words or short phrases

MODERATE-INTENSITY EXERCISE

60 minutes of moderate- to vigorous-intensity exercise every day

- Heart rate, breathing, and sweating—slightly elevated above rest
- Can talk but not sing

LIGHT-INTENSITY PHYSICAL ACTIVITY

- Heart rate, breathing, and sweating—not noticeably elevated above rest
- Can carry on a conversation with full sentences



Was your heart beating faster?

- Not noticeably Yes, slightly Yes, significantly

Were you breathing faster?

- Not noticeably Yes, slightly Yes, significantly

Were you sweating?

- Not noticeably Yes, slightly Yes, significantly

How much were you able to talk?

- Conversation Talk but not sing Few words or phrases

← Looking at the RPE Scale, what was the exercise intensity of this Fitness Challenge?

- 1-4 5-6 7-8 9-10
Light Moderate Vigorous Maximal

Did you do vigorous-intensity exercise for at least 20 minutes? Yes No

**If no, don't give up!
Build up gradually.**

What can you do next time to increase the time and intensity of exercise?
