



# RATE THE INTENSITY!

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

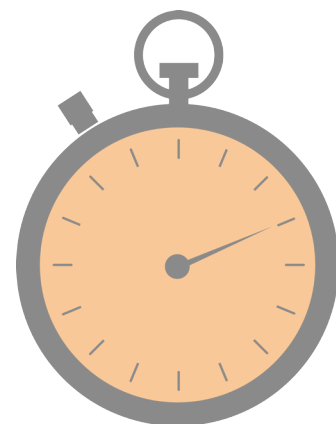
This week, the fit kit Challenge is a circuit. The fit kit Circuit is a specific type of interval training. This training involves bursts of **vigorous-intensity exercise** with periods of lighter activity or rest. Intervals keep the workout interesting! Invite others to join in the fun!

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.

# Exercise Cards #1

Boston  
Children's  
Hospital

fit kit

funded by new balance Foundation

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

## Jumping Jacks

### What to do:

1. Start in a standing position. Place your feet together, knees slightly bent, and arms at your sides.
2. Jump up in the air and bring your feet out wide while lifting your arms.
3. Land with both feet wider than shoulder-width apart and arms raised above your head.
4. Jump again and land with feet back together and arms at your sides.
5. Repeat for the duration of the timed interval.



2

## Bicycles

### 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 hands behind your head.
2. Lift one knee towards your chest while straightening out your other leg. Lift chest up until your shoulder blades are off the floor.
3. Twist your torso to bring your opposite elbow towards your bent knee.
4. Switch to the opposite side.
5. Repeat, alternating sides, for the duration of the timed interval.



3

## 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.



4

## 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.

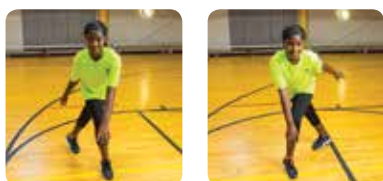


5

## Ice Skaters

### What to do:

1. Start in a standing position. Place your feet together, knees slightly bent, and arms at your sides.
2. Hop to one side and land with one foot in front of the other foot. Bend the knee of the leg in front while keeping the leg behind straight.
3. Hop to the opposite side.
4. Repeat, alternating sides, for the duration of the timed interval.

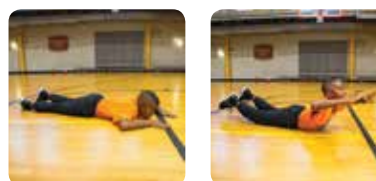


6

## 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.





# 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

### RPE Scale

(Rating of Perceived Exertion)

10

9

8

7

6

5

4

3

2

1

0  
REST

### 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?

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