

Name: _____ Date: _____

3rd-5th Grade Fitness—Get off the Couch

Did you know????

*Kids and teens age 8-18 spend an average of 4 hours a day in front of some type of screen media (T.V, DVDs, Computer, etc.) Not counting school work.

*The more T.V. you watch the more likely you are to snack.

*The average person consumes almost 200 extra calories for every hour of T.V. watched.

Here's a way to get both T.V and exercise – **The Couch Potato Workout**

Here is what you do.

1. Choose a show
2. Watch it
3. During each commercial break do an exercise

Here is your workout:

DO as many as you can during the commercial for each exercise.

Commercial #1 – Incline Push Ups (Feet on the couch, chair, or stool and hands on the floor then do a push up by bending your arms to a 90 degree angle then straight them back out.)

Commercial #2 - Jump Up and Down Continuously

Commercial #3 – Run in Place Continuously (Time yourself and see how long you run in place during the commercial. Can you make it through the whole commercial?)

Commercial #4 – Sit Ups (Chest touches your knees)

Commercial #5 – Chair Dips (hands on the edge of the chair, dip down until your bottom almost touches the floor and back up.)

Make sure you save this paper in your snow packet at home and return it with your parent's signature after the last snow day.

Snow Day	Exercise	Amount or How Long
1	Incline Push-Up	
	Jump Up and Down Continuously	
	Run in Place Continuously	
	Sit Ups	
	Chair Dips	

Snow Day	Exercise	Amount or How Long
2	Incline Push-Up	
	Jump Up and Down Continuously	
	Run in Place Continuously	
	Sit Ups	
	Chair Dips	

Snow Day	Exercise	Amount or How Long
3	Incline Push-Up	
	Jump Up and Down Continuously	
	Run in Place Continuously	
	Sit Ups	
	Chair Dips	

Snow Day	Exercise	Amount or How Long
4	Incline Push-Up	
	Jump Up and Down Continuously	
	Run in Place Continuously	
	Sit Ups	
	Chair Dips	

Snow Day	Exercise	Amount or How Long
5	Incline Push-Up	
	Jump Up and Down Continuously	
	Run in Place Continuously	
	Sit Ups	
	Chair Dips	

