

# Lift-Off! Says Let's Jump Around!

Staying active is important for keeping yourself healthy, and one great way to do this is with aerobics! Aerobics are activities that get you to breathe more and raise your heart rate. These types of activities help carry oxygen to your lungs and enable your heart to pump more blood with less effort. Aerobics also can improve your mood and level of energy during the day while toning your muscles! Can you believe one activity can do so much? One of Lift-Off!'s favorite aerobic exercises is the jumping jack!

## So let's start jumping for health!

### **STEP 1**

Find a place in your house where you can move around easily.



### **STEP 2**

Put on a comfortable pair of sneakers and athletic clothing. Be sure you have some cold water to drink!

### **STEP 3**

Here's how you do a jumping jack:

1. Stand up straight feet touching at the ankles.
2. Jump up, simultaneously spreading your legs and touching your hands over your head.
3. Jump again and return to the starting position.
4. Each time your hands touch it equals one jumping jack.
5. Keep going!

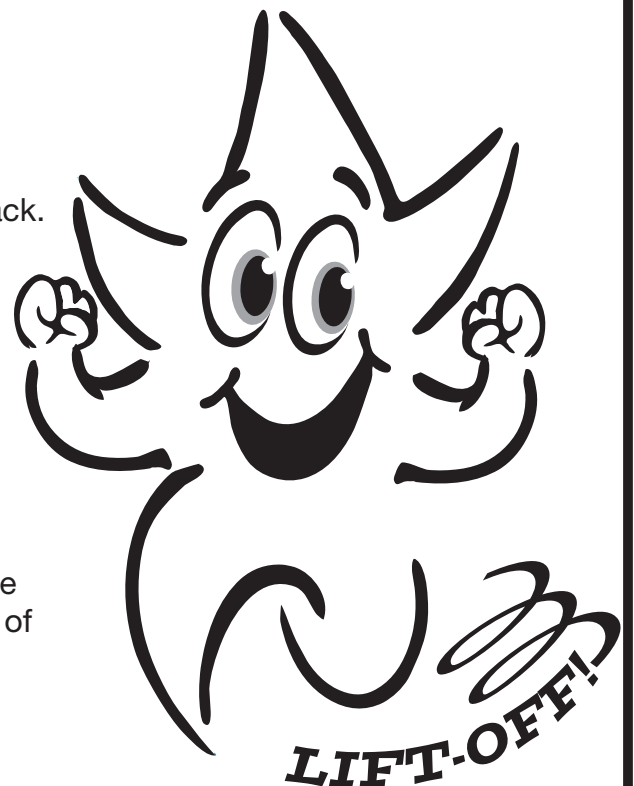
### **STEP 4**

At a steady pace, see how many jumping jacks you can do in one minute.

Write the number here: \_\_\_\_\_

### **STEP 5**

Each day, try to do a few more jumping jacks than you did the day before. If it takes you longer than one minute to do more, that's okay. You just want to try to do more of them, not do them more quickly. Don't push yourself beyond your comfort level. If you start feeling weak or lightheaded, STOP!



- over -

**STEP 6**

Use the following chart to keep track of how many jumping jacks you do each day.

Day	Number of Jumping Jacks
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	

**Subtract Day 1  
from Day 14.**

**DAY 14:** \_\_\_\_\_  
**Minus DAY 1:** \_\_\_\_\_

---

**I can now do \_\_\_\_\_  
this many more  
jumping jacks:**

**WAY TO GO!**

**GREAT  
WORK!**

**STEP 7**

Keep up the good work! Don't stop doing jumping jacks when you're done with this sheet! Do them every day to keep your heart and lungs in great shape!

**On the first day, I did this many jumping jacks:** \_\_\_\_\_

**On the 14th day, I did this many jumping jacks:** \_\_\_\_\_

**I CAN NOW DO \_\_\_\_\_ JUMPING JACKS AT A TIME!**

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Grade: \_\_\_\_\_

