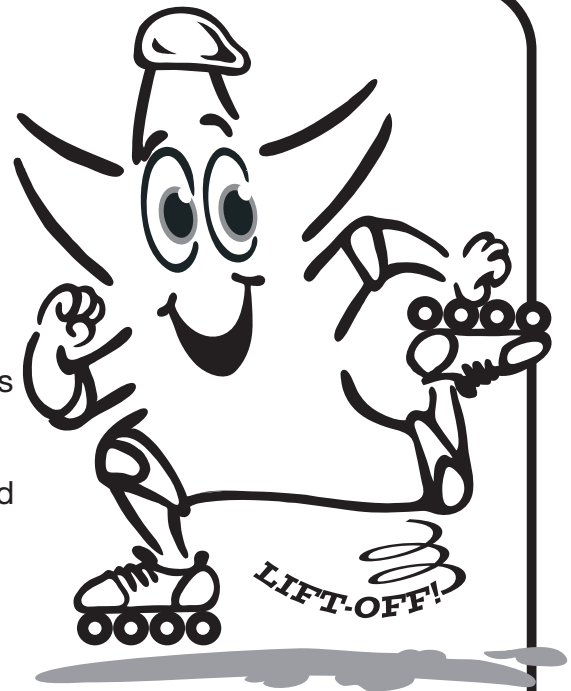


Lift-Off!'s Push-Up and Sit-Up Challenge!

Lift-Off! is going to show you the way to strengthen the muscles in your abdomen (stomach) and arms with two fun and simple exercises you can do just about anywhere...sit-ups and push-ups!

Having a *strong* body is one part of having a *healthy* body, and with time and practice you can become stronger every day!



STEP 1

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

STEP 2

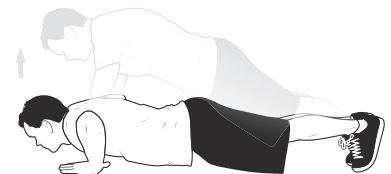
Put on a comfortable pair of sneakers and athletic clothing. Be sure you have some cold water to drink!

STEP 3

Have someone time you for one minute. See how many push-ups you can do before time is up! Then, see how many sit-ups you can do in one minute!

STEP 4

Do one minute of sit-ups and push-ups every day for two weeks. Use the chart below to keep track of how many you did.



	# of SIT-UPS	# of PUSH-UPS
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		
Day 8		
Day 9		
Day 10		
Day 11		
Day 12		
Day 13		
Day 14		

- over -

STEP 5

So how did you do? Subtract the number of sit-ups you did on the 1st day from the number you did on the 14th day to see how many more you are now able to do! Then do the same for push-ups!

Day 14 Sit-Ups:

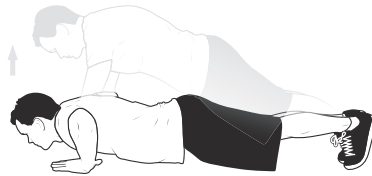


Day 1 Sit-Ups:

- _____

How many more Sit-Ups I can do! = _____

Day 14 Push-Ups:



Day 1 Push-Ups:

- _____

How many more Push-Ups I can do! = _____

AWESOME!

GREAT JOB!

I can do ___ more sit-ups
and ___ more push-ups in
one minute than I did two
weeks ago!

I can do a total of ___ sit-ups
and ___ push-ups in one
minute!

Name: _____

Age: _____

Grade: _____

LIFT-OFF!