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# LESSON 1: FITNESS OVERVIEW

In order to put together an effective **FITNESS** plan, it is important to first understand what fitness really is. Being fit is more than just being able to play a sport or exercise. The benefits of being physically fit at an early age will have a significant impact on your life.

**EXERCISE** and **PLAY** are two ways to enhance your physical fitness. Exercise is defined as physical activity that is intentional, structured and routine for the purpose of conditioning the body. It is used to improve health and maintain fitness. Play, on the other hand, is characterized by spontaneity and joy.

An important part of your overall two-week fitness plan will be to track your current physical activity and eating habits, and decide what changes you would like to make. In order to create a plan that works for you, it's important to understand your current level of fitness.

## Turn & Talk!

Why is it important to start living a healthy lifestyle at a young age?

What can you do to be physically active at home and at school?

Do you prefer exercise or play? Why?

## Key Concepts

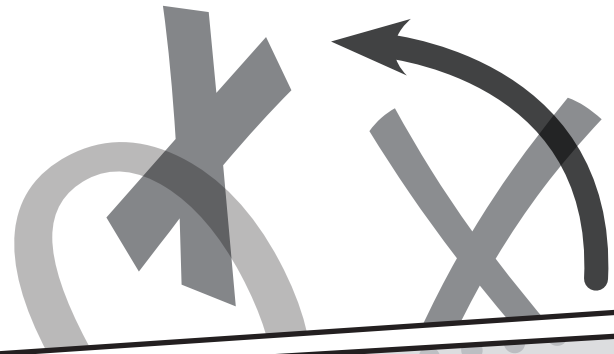
**FITNESS**

**EXERCISE**

**PLAY**



# LESSON 1: FITNESS OVERVIEW



## Pre-Program Self-Assessment

1. Identify your current fitness level:  Beginner  Intermediate  Frequent
2. How many minutes of physical activity do you currently get each day? \_\_\_\_\_
3. Do you warm up before an activity?  Yes  No  Sometimes
4. Do you cool down after an activity?  Yes  No  Sometimes
5. What does the term "fitness" mean to you?  
\_\_\_\_\_  
\_\_\_\_\_
6. What does the term "wellness" mean to you?  
\_\_\_\_\_  
\_\_\_\_\_
7. How many push-ups can you do without breaking your cadence? \_\_\_\_\_
8. How many sit-ups can you do without breaking your cadence? \_\_\_\_\_
9. Can you touch your toes?  Yes  No
10. What is your current mile time? \_\_\_\_\_
11. Which is more important: physical activity or healthy eating? Why?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
12. What would encourage you to eat healthier and be more active?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# LESSON 1: FITNESS OVERVIEW



## COMPONENTS OF FITNESS

**HEALTH-RELATED FITNESS** deals with improving your overall health and how good you feel (wellness). Write in examples below of ways you can improve this type of fitness!

- **Cardiorespiratory endurance** — activities involve rhythmic, repeated and continuous movements of large muscle groups; improves fitness of the heart, lungs and muscles.  
\_\_\_\_\_
- **Muscular strength** — the maximum ability of a muscle to exert force, often measured as the amount of resistance that can be moved one time (one-repetition maximum).  
\_\_\_\_\_
- **Muscular endurance** — ability of muscles to contract using submaximal force over a period of time, such as the number of push-ups that can be done in a minute.  
\_\_\_\_\_
- **Flexibility** — developing and improving how well you can move your joints (the range of motion around joints).  
\_\_\_\_\_

**SKILL-RELATED FITNESS** focuses on increasing specific sports skills for playing soccer, football, swimming or other activities. These skills include **agility, speed, reaction time, coordination, balance** and **power**.

Although each component of fitness is different, they all correlate with each other in some way and it is difficult to focus on one aspect without it affecting the other. For example, in order to improve balance and coordination, it is important to focus on muscular strength and muscular endurance.



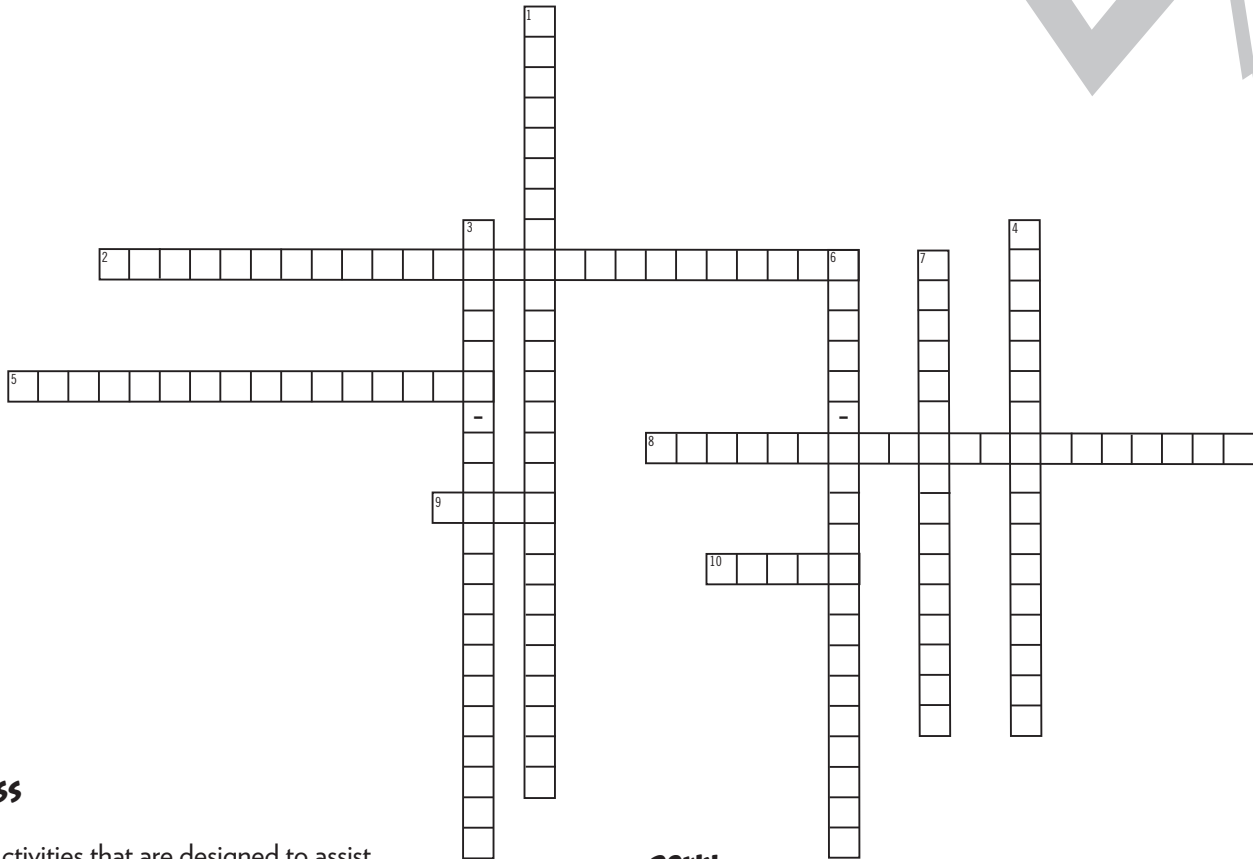
Is it more important to focus on skill-related or health related components of fitness? Why?

What are some skill-related components of fitness that you'd like to improve on?



# LESSON 1: FITNESS OVERVIEW

## Fitness Vocabulary



### ACROSS

- Activities that are designed to assist you in creating a more long-term fitness regimen that gradually, yet effectively improves your health
- The maximum ability of a muscle to exert force, often measured as the amount of resistance that can be moved one time (one repetition maximum)
- A training concept that addresses the progression of an activity at a safe and logical rate
- Physical activity that is characterized by spontaneity and joy
- Type of strategy that is used to achieve short term success in fitness by creating goals that are specific, measurable, attainable, results based and time-bound

### DOWN

- Activities that involve rhythmic, repeated and continuous movement of large muscle groups, improves fitness of the heart, lungs and muscles
- Type of fitness that deals with your overall health and how good you feel (wellness)
- Ability of muscles to contract using submaximal force over a period of time, such as the number of push-ups that can be done in one minute
- Type of fitness that focuses on increasing specific sports skills for playing soccer, football, swimming or other activities
- Any movement of the body that uses energy, and doesn't always have to be considered exercise for health benefits

# LESSON 1: FITNESS OVERVIEW



## GOAL SETTING ACTIVITY

In order to achieve short-term success in fitness, it is important to develop a plan, utilizing the S.M.A.R.T. strategy. **S.M.A.R.T.** stands for specific, measurable, attainable, results-based and time-bound. Using the outline below, create one goal for one fitness component. Once you understand the process of developing a fitness plan and how to work towards your goals, you will be able to use the information to stay fit and healthy for life!

**FITNESS COMPONENT** \_\_\_\_\_

**MEASURE** \_\_\_\_\_

**S.M.A.R.T. GOAL** \_\_\_\_\_

**RATIONALE (WHY ARE YOU SETTING THIS GOAL?)** \_\_\_\_\_

**ACTION (WHAT ACTIVITIES WILL HELP YOU REACH THIS GOAL?)** \_\_\_\_\_



## EXIT TICKET

The S.M.A.R.T. strategy is used to develop a plan for short-term success in fitness. What does each letter in the S.M.A.R.T. strategy stand for? Discuss with your peers why each part of the strategy is important when developing your fitness plan.

**S** \_\_\_\_\_

**M** \_\_\_\_\_

**A** \_\_\_\_\_

**R** \_\_\_\_\_

**T** \_\_\_\_\_



# ***FITT Feature***

## **Dr. Robin West**

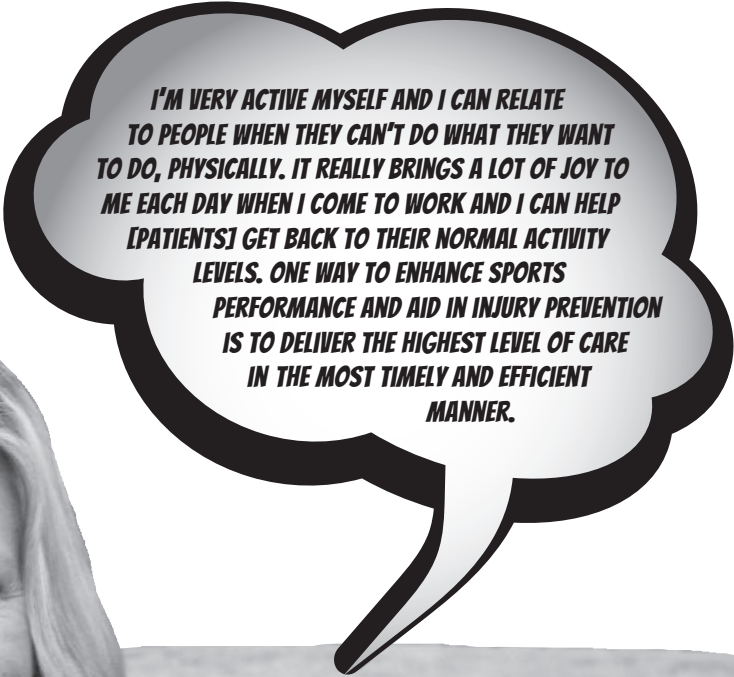
Dr. Robin West is a board-certified orthopedics and sports medicine surgeon and she serves as Chairman of Inova Sports Medicine.

Since she was little, West knew she wanted to go into medicine. But it was years later, in medical school, when she fell in love with orthopedics. “I liked that it involved math and science and physics and working with my hands,” she says. “And I liked that I could work with patients of all ages, from little kids to adults to senior citizens.”

West joined Inova Medical Group in 2014, where she directs the clinical, strategic, administrative and academic affairs of the sports medicine program. She currently serves as the Lead Team Physician for the Washington Nationals and the Head Team Physician for the Washington Redskins.

West says people often ask her what it’s like to be a woman on the sidelines. “The players don’t treat me any differently. Caring for players, you really feel like part of the team.”

Prior to joining Inova, she served as team physician for the Pittsburgh Steelers, the University of Pittsburgh athletic department and Carnegie Mellon University. West is the first female head physician in the NFL and one of only two female head orthopedic surgeons in the league.



***I'M VERY ACTIVE MYSELF AND I CAN RELATE TO PEOPLE WHEN THEY CAN'T DO WHAT THEY WANT TO DO, PHYSICALLY. IT REALLY BRINGS A LOT OF JOY TO ME EACH DAY WHEN I COME TO WORK AND I CAN HELP [PATIENTS] GET BACK TO THEIR NORMAL ACTIVITY LEVELS. ONE WAY TO ENHANCE SPORTS PERFORMANCE AND AID IN INJURY PREVENTION IS TO DELIVER THE HIGHEST LEVEL OF CARE IN THE MOST TIMELY AND EFFICIENT MANNER.***



# LESSON 2:

## WARMING UP & COOLING DOWN



### WARM UP

Warming up before an exercise or physical activity has several benefits:

- Decreases the chance of getting injured
- Reduces muscle stiffness
- Increases blood flow to muscles
- Increases heart rate prior to starting a workout

Warming up should take 5 – 10 minutes, depending on the intensity of your workout and the type of exercise you will be doing.

### DYNAMIC STRETCHING

Stretching helps improve flexibility and may improve your athletic performance. Stretching can also increase blood flow to your muscles and help you feel less stiff.

**DYNAMIC:** stretching with movement (ex. walking lunges)

Turn & Talk!

How does a dynamic stretching warm up help prepare your body for a workout?

### Demonstrate!

In groups of two or three, come up with three dynamic warm up ideas. Choose one individual from your group to demonstrate your dynamic stretches to the entire class.





# LESSON 2: WARMING UP & COOLING DOWN

## COOL DOWN

Cooling down helps return your heart beat to its normal rate and keeps you from getting dizzy or feeling sick to your stomach when you stop being active. An adequate cool down also reduces the potential for post-workout soreness and stiffness.

Cool down routines should last about five minutes and should include light cardio and static stretches after the cardio portion.

## STATIC STRETCHING

**STATIC:** stretching and holding a position (ex. arm across)

Turn & Talk!

What are some ways you can cool down after completing each activity listed below?

- Soccer game
- Running a 5k
- Baseball practice
- Swimming laps

## Demonstrate!

In groups of two or three, come up with three static cool down stretch ideas. Choose one individual from your group to demonstrate your static stretches to the entire class.



# LESSON 2: WARMING UP & COOLING DOWN



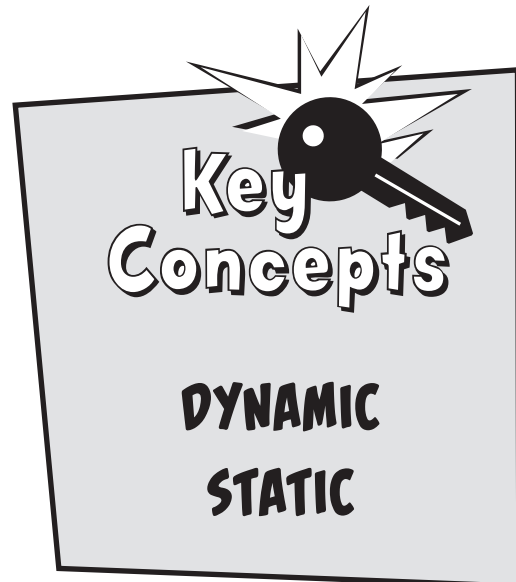
## ACTIVITY

Using the word bank below, identify various types of warm up and cool down stretches by completing the word search.

H C T E R T S D A U Q A J B B O J J  
 J T A R P U M R A W U E U B H U N Z  
 O Q E R T C M M A D O T M C M W W W  
 Y W I O T C N L Y x T P T P O A H R  
 L Y O O I C O N U K T E I D S G I E  
 M Z U R I E A S I N R N L H N T G D  
 P Q C T Q M D C T T G O L I O C H S  
 Q L A F I N K S S J O E N N D C K K  
 E T B C A S K F A C A T S V A P N I  
 S R E B M I L C N I A T N U O M E N  
 M F T E C A K U G R A P E V I N E S  
 C I G S C S Q U A T J U M P S T S S

### Word Bank

- |                   |             |
|-------------------|-------------|
| ARM CIRCLE        | DYNAMIC     |
| JUMPING JACK      | SQUAT JUMPS |
| BUTT KICKS        | GRAPEVINES  |
| LUNGES            | STATIC      |
| CALF STRETCH      | HIGH KNEES  |
| MOUNTAIN CLIMBERS | WARM UP     |
| COOL DOWN         | IT BAND     |
| QUAD STRETCH      |             |



# LESSON 2: WARMING UP & COOLING DOWN

## Dynamic Stretching Exercises

- Mountain Climbers
- Frankenstein Walks
- Walking Lunges
- Side Lunges
- High Knee Walks
- Glute Bridge
- Jumping Jacks
- Butt Kicks
- Squat Jumps
- Grapevine
- Arm Circles

## Static Stretching Exercises

- Shoulder Stretch (Arm Across)
- Neck Stretch
- Knee to Chest Stretch
- IT Band Stretch
- Hip Flexor Stretch
- Quadriceps Stretch
- Hamstring Stretch
- Calf Stretch

## FIT TIP

**BE SURE TO INCLUDE SOME OF THESE ACTIVITIES IN YOUR WARM UP AND COOL DOWN ROUTINE!**

## EXIT TICKET

1. Why is it important to warm up? How long should your warm up be?

---

2. What are the two types of stretches?

---

3. When do you complete each stretch?

---

4. Why is it important to cool down? How long should your cool down be?

---

---

5. List some benefits of a proper warm up and cool down routine.

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# FLTT Feature

## Morgan Moses

**HOMETOWN:** Richmond, VA

**COLLEGE:** University of Virginia

**MAJOR:** Anthropology

**POSITION:** Tackle

### What is your favorite stretch?

Yoga for the lower body. I have to take care of my hamstrings!

### What is your favorite non-football activity?

Basketball — I have skills on the court!

### Do you have any pregame rituals?

Listen to my music — Rick Ross always gets me right.

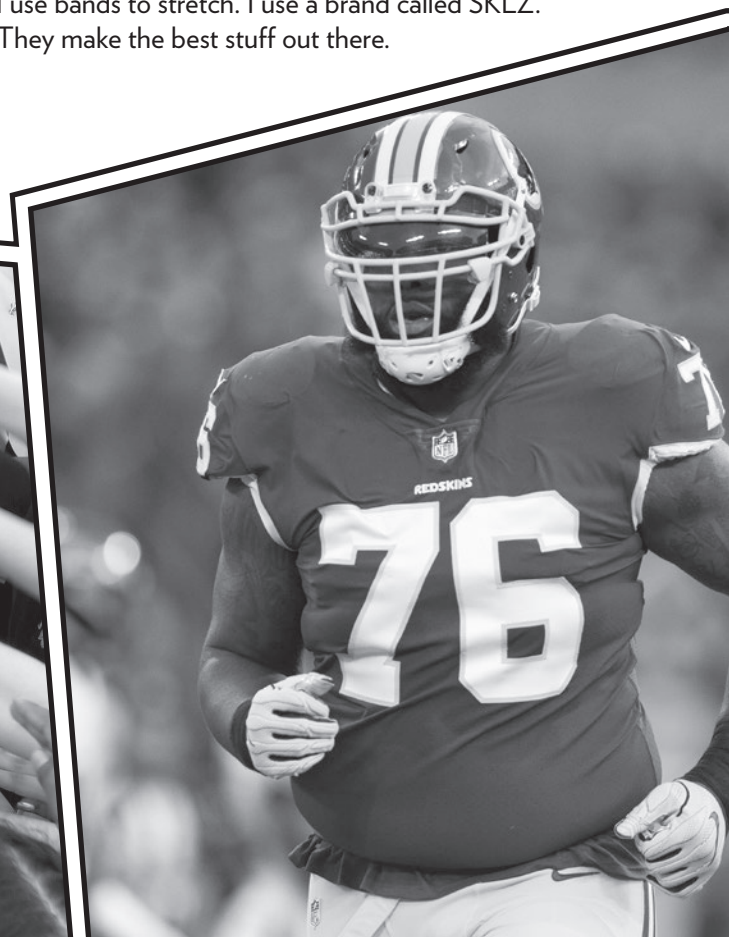
**BASKETBALL —  
I HAVE SKILLS  
ON THE COURT!**

### What is your go to pre-game snack?

Pasta. I love freshly made pasta, because replacing the carbohydrates I burn is key to staying fit.

### How do you cool down after exercising?

I use bands to stretch. I use a brand called SKLZ. They make the best stuff out there.





# LESSON 3: PHYSICAL ACTIVITY



## IMPORTANCE OF PHYSICAL ACTIVITY

**PHYSICAL ACTIVITY** is any movement of the body that uses energy, and it doesn't always have to be considered exercise for health benefits. Physical activity is a key management tool for any type of existing health-related issue and may assist in preventing future diseases.

Being active every day will give you more energy, make your body work better and keep you from getting extra body fat. It may even keep you from having a heart attack or developing type 2 diabetes.

Try to get at least 60 minutes of physical activity each day. Most of the activities you do should not be that hard for you, but try to do a few intense activities that make you breathe harder at least two to three days a week.

## THE OVERLOAD PRINCIPLE

The **OVERLOAD PRINCIPLE** is a training concept that addresses the progression of an activity at a safe and logical rate. To get stronger, your muscles have to do more work than they're used to doing. Be careful not to push too hard, too fast or you could get injured.

## FITT FORMULA

When constructing your fitness plan, keep in mind the **FITT FORMULA**:

F	I	T	T
Frequency	Intensity	Time	Type
How Often?	How Hard?	How Long?	Which Activity?

## Turn & Talk!

What could happen to your body if you don't apply the overload principle?

What are some exercise goals you've set for yourself?

What steps have you taken to ensure you are on track to meet your fitness goals?

## FITT TIP

**WHEN DEVELOPING YOUR FITNESS PLAN, INCREASE HOW HARD YOU'RE WORKING OUT STEADILY OVER TIME TO MAKE THE OVERLOAD PRINCIPLE WORK FOR YOU NATURALLY.**

## Demonstrate!

It's time for FITT charades! In groups of three or four, demonstrate your favorite physical activity using only movements, no words!

# LESSON 3: PHYSICAL ACTIVITY



## LIFETIME FITNESS ACTIVITIES

### FIT TIP

**THE KEY TO A LIFETIME FITNESS PROGRAM IS TO MAKE IT AS FUN AND EASY AS POSSIBLE! FIND ACTIVITIES THAT YOU ENJOY. MAKE IT A GROUP EFFORT BY INVITING YOUR FAMILY OR FRIENDS TO JOIN YOU.**

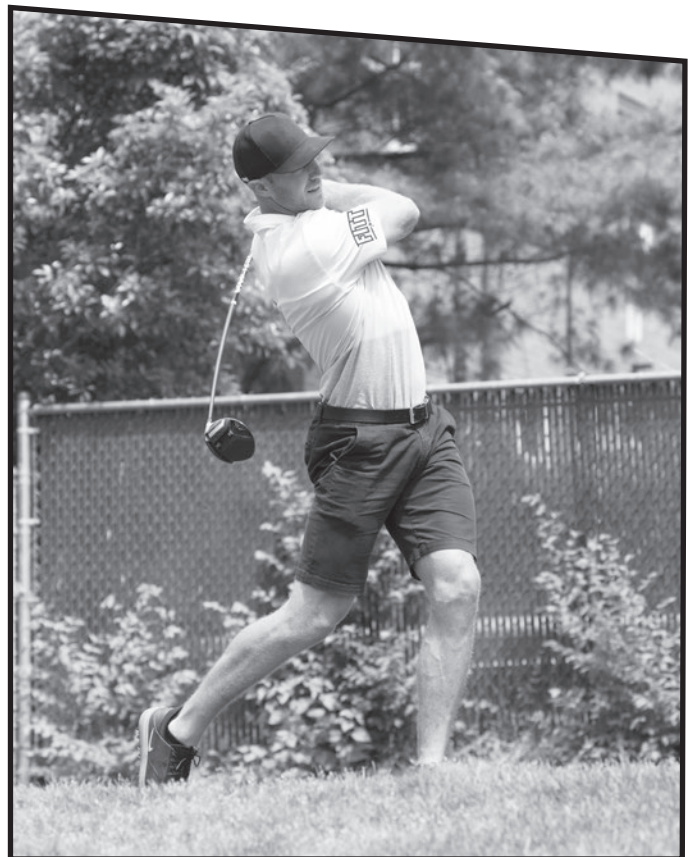
**LIFETIME FITNESS** activities are designed to assist you in creating a more long-term fitness regimen that gradually, yet effectively, improves your health. Instead of training for a specific reason, lifetime fitness efforts are made to create a healthy lifestyle and consistency over time. An overall lifetime fitness regimen should aim to improve and maintain all health-related fitness components.

### ACT IT OUT!

Act out your favorite lifetime fitness activities while your classmates guess the activity.

### SPOT THE DIFFERENCE

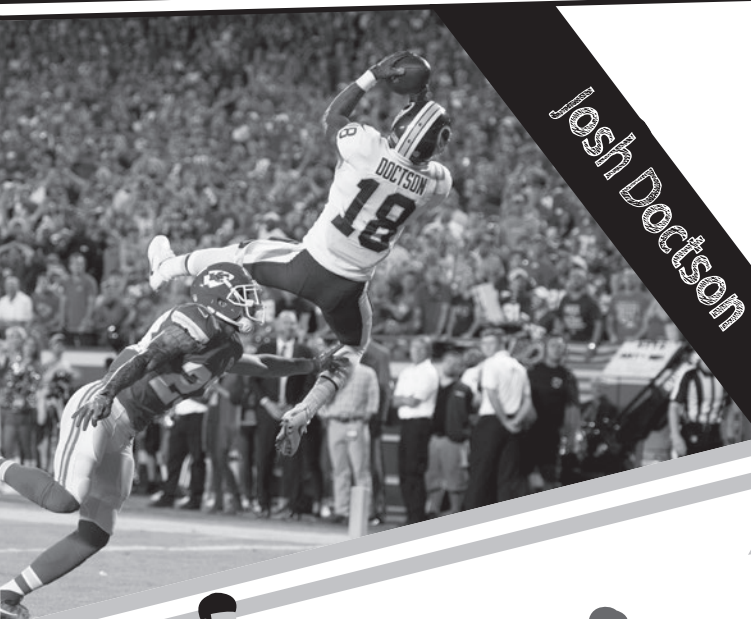
Find the five differences in the picture below of Alex Smith enjoying a lifetime fitness activity of golfing!



# LESSON 3: PHYSICAL ACTIVITY



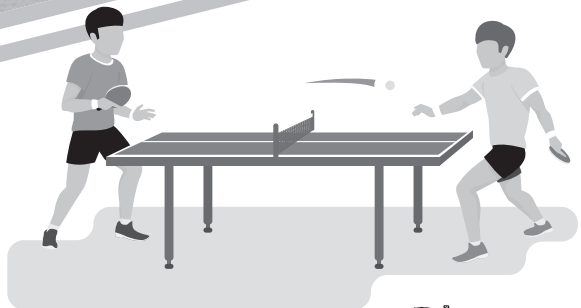
## PLAYER LIFETIME FITNESS ACTIVITIES



Josh Doctson



Hiking



Ping pong



Yves Way



Ryan Kerigan



Walking my dogs





# LESSON 3: PHYSICAL ACTIVITY

## ACTIVITY

### CLASSPASS CIRCUIT

Get up and move during class. Taking a break for physical activity may help you concentrate. Grab a partner and complete the workout below (one minute per exercise).

**JOG IN PLACE**

**HIGH KNEES**

**JUMPING JACKS**

**SQUATS**

**HOP ON YOUR LEFT FOOT**

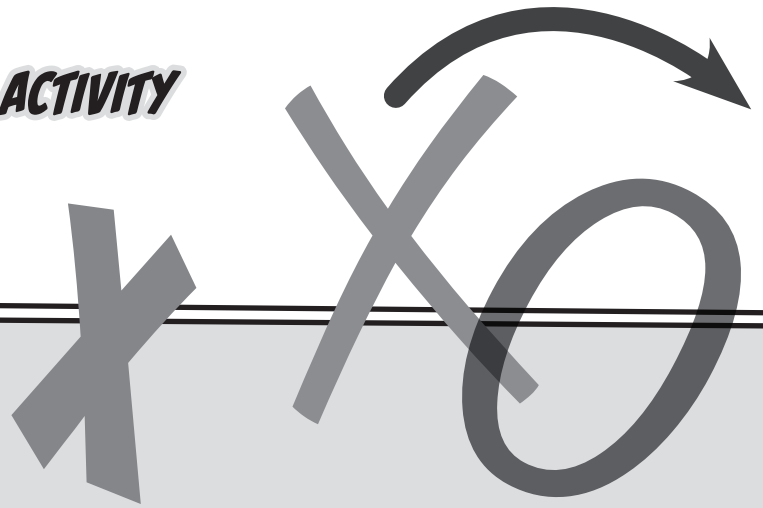
**HOP ON YOUR RIGHT FOOT**

**HOP ON BOTH FEET**





# LESSON 3: PHYSICAL ACTIVITY



## TRAIN LIKE A PRO

Imitate the various activities listed below for 10 – 15 seconds each:

**KICK A FIELD GOAL**

**SHOOT A JUMP SHOT**

**RUN THROUGH TIRES**

**SWING A BAT**

**SERVE A TENNIS BALL**

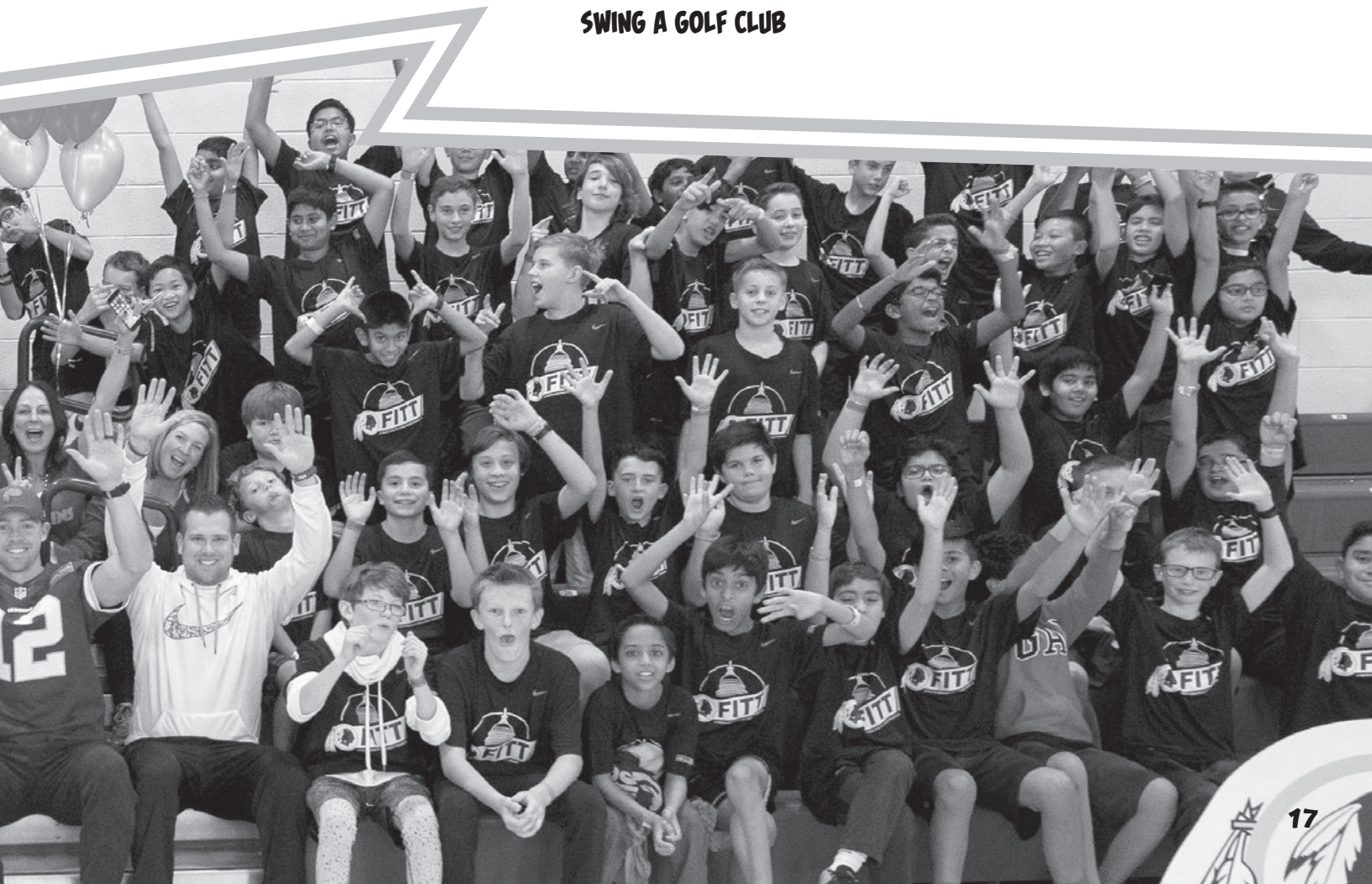
**SPIKE A VOLLEYBALL**

**SWING A GOLF CLUB**

**THROW A FOOTBALL**

**SHOOT A HOCKEY PUCK**

**SWIM**



# LESSON 3: PHYSICAL ACTIVITY

## FIT TIP

INCLUDE AN EXERCISE FROM EACH COMPONENT OF FITNESS INTO YOUR TWO-WEEK FITNESS PLAN. BE SURE TO REMEMBER THE FITT FORMULA AND THE OVERLOAD PRINCIPLE AS YOU SELECT DIFFERENT ACTIVITIES AND EXERCISES.

## PRE-FITNESS PLAN ACTIVITY

### WARM UP

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

### ACTIVITY

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

### COOL DOWN

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

## EXIT TICKET

1. What are lifetime fitness activities?

---



---

2. In your own words, how would you define physical activity?

---



---

3. What is the Overload Principle?

---



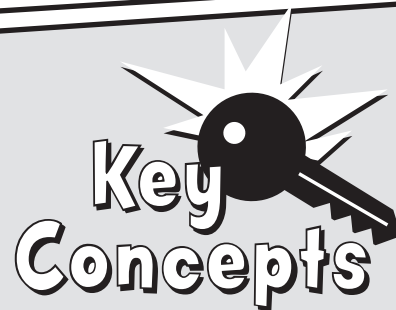
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4. How can you incorporate the Overload Principle into your workouts?

---



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**OVERLOAD PRINCIPLE**

**PHYSICAL ACTIVITY**

**FITT FORMULA**

# FITT Feature

## Doug Quon

**ASSISTANT ATHLETIC TRAINER**

### **Why is it important to warm up and cool down before and after a workout?**

A good warm up helps increase performance and also helps reduce the occurrence of injury. A dynamic warm up is preferred and will increase your body's temperature and allow for more blood flow through your muscles. I prefer a 5 – 10 minute easy jog on the treadmill or spin on the stationary bike to warm up. Remember, you aren't warm until you start to sweat! After a workout, it's important to cool down. By allowing your heart rate and blood pressure to gradually calm down, you allow your body to start the recovery process. This is the best time to perform static stretches and increase your overall flexibility.

### **What could happen to your body if you don't pay attention to the Overload Principle?**

Your body is able to adapt to many external stressors. When applied to health and fitness, you need to take into account the Overload Principle, which comes into effect when lifting weights or cardiovascular activity. If you do not increase the demand being placed on your body and adapt to the changing demands, your body will be adjusted to that particular conditioned state. Over time, you will need to increase your activity, intensity and/or duration.

### **What are a few benefits of getting and staying active at an early age?**

Living an active lifestyle is very important. Establishing and maintaining an active routine can help with bone and muscle development and allow you to have a productive outlet. Participation in sports will also help with hand-eye coordination and neuromuscular development. Active lifestyles can also reduce the occurrence of many conditions later on in life, such as heart disease, osteoporosis and diabetes.

### **What is an effective way for youth to get active nowadays?**

Organized team activities are a great way for kids to get outside and stay active. This younger generation is immersed in technology, allowing cell phones and gaming consoles to consume all of their free time. Even if it's just for an hour, go outside for a walk! Studies have shown that outdoor activity can also increase Vitamin D levels and immune system function. So, put the phones down and get outside!

**PUT THE PHONES  
DOWN AND  
GET OUTSIDE!**





# TWO-WEEK FITNESS PLAN

Develop your own two-week fitness plan. Be sure to include components from each lesson into your plan. The plan should be designed around your personalized fitness goals. It is important that you create a plan that is accessible and attainable for you.

This fitness plan will be developed partially in class and the rest will be done for homework. You will first assess your current fitness level. Next, develop a two-week personal physical fitness plan that will progress properly, keeping in mind the Overload Principle and the FITT Formula. You will need to have a proper warm up, choose a fitness training style and plan a proper cool down. You may have two separate physical activity focuses, one per week.

CRITERIA	MEETS	APPROACHES	NEEDS IMPROVEMENT
<b>Assessment of Current Fitness Level</b>	The student clearly defines current fitness level as either “Beginner Participant,” “Fairly Regular Participant,” or “Frequent Participant” and provides justification for personal definition.	The student clearly defines current fitness level as either “Beginner Participant,” “Fairly Regular Participant,” or “Frequent Participant,” but does not provide justification for personal definition.	The student does not provide a definition or justification of current fitness level provided.
<b>Dynamic/Static Stretching</b>	The student uses five or more dynamic or static stretches in their daily fitness plan.	The student uses between 1 – 4 dynamic or static stretches in their daily fitness plan.	The student does not use any dynamic or static stretches in their daily fitness plan.
<b>Health-related Components of Fitness</b>	The student specifies the health-related component of physical fitness for all of the exercises in the plan.	The student specifies the health-related component of physical fitness for most of the exercises in the plan.	The student does not specify the health-related component of physical fitness during any of the exercise plan.
<b>Overload/ FITT Principle</b>	All of the exercise plans created include the components of the FITT Formula and show a natural progression using the Overload Principle.	Most of the exercise plans created include the components of the FITT Formula and show a natural progression using the Overload Principle.	None of the exercise plans created include the components of the FITT Formula or does not show a natural progression using the Overload Principle.
<b>Plan</b>	The student develops 14 days of physical fitness plans that specify proper warm up, workout and cool down activities.	The student develops 7 – 13 days of physical fitness plans that specify proper warm up, workout and cool down activities.	The student develops less than seven days of physical fitness plans that specify proper warm up, workout and cool down activities.



# TWO-WEEK FITNESS PLAN

# DAY 1

## WARM UP

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

## ACTIVITY

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

## COOL DOWN

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

# DAY 2

## TWO-WEEK FITNESS PLAN

### WARM UP

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

### ACTIVITY

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

### COOL DOWN

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

# DAY 3

## TWO-WEEK FITNESS PLAN

### WARM UP

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

### ACTIVITY

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

### COOL DOWN

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS



# TWO-WEEK FITNESS PLAN

## WARM UP

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

## ACTIVITY

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

## COOL DOWN

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS





**DAY 5**

# TWO-WEEK FITNESS PLAN

## WARM UP

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

## ACTIVITY

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

## COOL DOWN

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

# DAY 6

## TWO-WEEK FITNESS PLAN

### WARM UP

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

### ACTIVITY

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

### COOL DOWN

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS



**DAY 1**

# TWO-WEEK FITNESS PLAN

## WARM UP

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

## ACTIVITY

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

## COOL DOWN

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

# DAY 8

## TWO-WEEK FITNESS PLAN

### WARM UP

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

### ACTIVITY

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

### COOL DOWN

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS



# DAY 9

## TWO-WEEK FITNESS PLAN

### WARM UP

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

### ACTIVITY

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

### COOL DOWN

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

# DAY 10

## TWO-WEEK FITNESS PLAN

### WARM UP

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

### ACTIVITY

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

### COOL DOWN

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

# DAY 11

## TWO-WEEK FITNESS PLAN

### WARM UP

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

### ACTIVITY

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

### COOL DOWN

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

# DAY 12

## TWO-WEEK FITNESS PLAN

### WARM UP

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

### ACTIVITY

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

### COOL DOWN

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS





# TWO-WEEK FITNESS PLAN

## WARM UP

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

## ACTIVITY

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

## COOL DOWN

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

# DAY 14

## TWO-WEEK FITNESS PLAN

### WARM UP

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

### ACTIVITY

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

### COOL DOWN

EXERCISE	SET	REP (DURATION)	INTENSITY	COMPONENT OF FITNESS

# LESSON 4: NUTRITION



## NUTRITION EDUCATION

When creating your fitness plan, be sure to also develop healthy eating habits. Being mindful of what goes into your body is just as important as being active. It is recommended that you consume three well-balanced meals per day and make healthy snack choices.

The key to healthy eating is enjoying a variety of nutritious foods from each of the **FIVE FOOD GROUPS**. Aim to include an item from each of the following groups for every meal:

Fruits • Vegetables • Protein • Grain • Dairy

## Unscramble

Unscramble the fruits, vegetables, proteins, grains and dairy below. Once unscrambled, list the correct food group for each item.

laomns \_\_\_\_\_

\_\_\_\_\_

ceir \_\_\_\_\_

\_\_\_\_\_

roract \_\_\_\_\_

\_\_\_\_\_

chkeinc \_\_\_\_\_

\_\_\_\_\_

outgyr \_\_\_\_\_

\_\_\_\_\_

ppaeilepn \_\_\_\_\_

\_\_\_\_\_

anoegr \_\_\_\_\_

\_\_\_\_\_

liooobrc \_\_\_\_\_

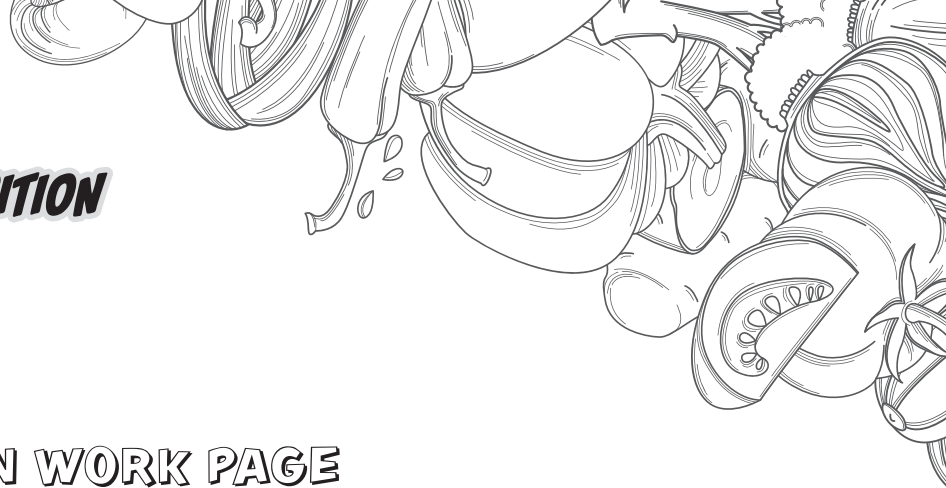
\_\_\_\_\_

**Turn & Talk!**

Discuss the difference between food choices that are healthy for you and those that just appear healthy. For example, think about a salad from a fast food restaurant versus one that you make at home with fresh ingredients. Which of these options is healthier and why?

**Key Concepts**

**FIVE FOOD GROUPS**



# LESSON 4: NUTRITION

## NUTRITION EDUCATION WORK PAGE

Time yourself for two minutes to see how many healthy foods you can list next to each letter.

R _____	F _____
E _____	I _____
D _____	T _____
S _____	T _____
K _____	
I _____	
N _____	
S _____	

### Favorite Healthy Snacks:

#### FIT TIP

**BANANA SPLIT PARFAIT RECIPE:**  
 1 SMALL PEELED BANANA  
 1/2 CUP LOW-FAT VANILLA YOGURT  
 2 OZ. CUP OF GRANOLA  
 1 OZ. OF CHOCOLATE CHIPS  
 1/4 CUP OF MIXED BERRIES

#### Tress Way

Favorite Snack: Beef jerky

#### Chris Thompson

Favorite Snack: Dried fruit

#### Ryan Kerrigan

Favorite Snack: Yogurt parfait with raspberries and blueberries

**FIT TIP** LOOK FOR LOW SODIUM BEEF OR TURKEY JERKY!

**FIT TIP** TRY ADDING DRIED FRUIT INTO YOUR TRAIL MIX!

**FIT TIP** TRY MIXING IN GRANOLA WITH YOUR PARFAIT!

## Healthy Alternatives

Potato chips → Veggie chips  
 Ice cream → Frozen yogurt  
 French fries → Sweet potato fries  
 Milkshakes → Smoothies made with fresh fruits or vegetables

Canned vegetables → Fresh vegetables  
 Candy → Frozen grapes  
 Mayonnaise → Avocado  
 White rice → Quinoa  
 Sour cream → Greek yogurt

# LESSON 4: NUTRITION

## FIT TIP

WHEN EXERCISING IN THE HEAT, ALWAYS WEAR LIGHTWEIGHT, LIGHT-COLORED OR LOOSE CLOTHING – AND DON'T FORGET YOUR SUNSCREEN!

## HEAT & HYDRATION

Adequate **HYDRATION** before, during and after physical activity is critical to a safe and healthy workout. Vigorous exercise, humid weather and dehydration can compromise your performance and increase your risk of injury. It is important for you to understand how your body handles heat and to recognize warning signs as they appear.

### How does the body handle heat?

During physical activity, working muscles produce heat, trapping it in the body until it can be released. External factors, such as high temperatures and intense heat from the sun, can also add heat to the body. The body's greatest way to get rid of heat is by sweating. However, as humidity increases, the body loses its ability to sweat, increasing the potential of heat overload or heat illness.

### What is dehydration?

**DEHYDRATION** occurs when you use or lose more fluid than you take in, hindering your body from carrying out its normal functions. Some signs of dehydration are dry lips, nausea and dark yellow urine. Dehydration can also affect your energy levels, blood pressure and circulation.

### How much water should a person drink in a day?

Each person is different when it comes to shape and size. Therefore, the amount of water needed can vary. It is suggested that an individual drinks water equal to half of his or her body weight in ounces a day. For example, a person who weighs 120 pounds should drink at least 60 ounces of water per day.

For longer exercise periods, try sports drinks. They contain electrolytes that may help your endurance and keep you from getting muscle cramps!

## Warning Signs of Dehydration

### MILD

- Difficulty concentrating
- Dry mouth
- Headache
- Moodiness
- More sweating

**TAKE A BREAK & GET SOME WATER.**

### MODERATE

- Blood pressure dips
- Darker urine color
- Headache worsens
- Increased heart rate
- Lightheadedness
- Rapid breathing

**FIND SHADE OR INDOORS AND SEEK AN ADULT FOR HELP.**

### SEVERE

- Confusion/delirium
- Fainting/loss of consciousness
- High fever (over 101°F)
- No urine production
- Seizures
- Vomiting

**CALL 911. SEEK SHADE. APPLY COOL COMPRESS.**



# LESSON 4: NUTRITION

## FIT TIP

TOTALING UP THE DAY'S FOOD CONSUMPTION CAN BE AN OVERWHELMING TASK. WRITING DOWN WHAT YOU EAT RIGHT AFTER A MEAL OR SNACK IS MUCH MORE MANAGEABLE AND ACCURATE!

## NUTRITION LOG

BREAKFAST				
FOOD NAME	CALORIES	PROTEIN	CARBS	FAT
<b>TOTAL:</b>				

LUNCH				
FOOD NAME	CALORIES	PROTEIN	CARBS	FAT
<b>TOTAL:</b>				

DINNER				
FOOD NAME	CALORIES	PROTEIN	CARBS	FAT
<b>TOTAL:</b>				



## EXIT TICKET

1. What are the five main food groups? \_\_\_\_\_  
\_\_\_\_\_
2. Name one food from each of the five main food groups.  
\_\_\_\_\_
3. What are some changes you'd like to make to your diet?  
\_\_\_\_\_
4. What are the benefits of starting your day with a nutritious breakfast?  
\_\_\_\_\_

# ***FITT Feature***

## **Jake Sankal**

**ASSISTANT STRENGTH & CONDITIONING COACH, REGISTERED DIETICIAN & SPORTS NUTRITIONIST,  
WASHINGTON REDSKINS**

### **Why is it important to start eating healthy at an early age?**

When you're a young kid, your body is growing really fast so you have to give it the nutrients it needs to grow and to grow properly. You really set the stage early on for the eating habits you will have for the rest of your life. Working to establish those healthy eating habits to give yourself the nutrients you need to grow and grow properly are really the keys at a young age.

### **How do healthy eating and physical activity correlate with each other?**

They go together hand in hand really. We like to think of nutrition, around exercise and physical activity, as 'fueling your exercise.' I think there is a good relationship between the two.

### **Is "junk food" ok sometimes?**

Good nutrition is all about balance, especially when you're young. Try different foods. Learn what you like and what you don't like. Obviously, we know there are some foods healthier than others and we try to emphasize those more than anything, but it's always good to have balance among all else.

### **What piece of advice do you have for students who struggle to eat healthy?**

I would recommend to keep trying healthy food multiple times because over time our pallet changes. Try things prepared different ways. Try to season things different ways. Just remember over time your pallet will change, as you get older. So if you don't like things now, don't hesitate to try things later down the road.



# LESSON 5: COGNITIVE DEVELOPMENT

Exercising your brain on a daily basis is just as important as being physically active. Developing your **COGNITIVE** (thinking) skills at an early age will help improve your memory, attention to detail and critical thinking. Use things such as puzzles, word games, reading and writing to make your brain more efficient!

## CROSS-BRAIN TRAINING

The left and right sides of your brain process information in completely different ways. While the left side is more logical and analytical, the right side tends to focus more on creativity and imagination. Most people consider themselves to be mainly left-sided thinkers or mainly right-sided thinkers. The challenge lies in effectively using both sides of your brain to solve problems and to think critically.

### Demonstrate!

Read the lists of words below. Once you understand the theme of each row, cross out the word that does not belong and explain why.

White	Black	Red	<del>Apple</del>	Apple is not a color.
Oatmeal	Yogurt	Milk	Cheese	
Carrot	Zucchini	Orange	Broccoli	
Banana	Lime	Pineapple	Lemon	
Quarterback	Safety	Linebacker	Defensive Line	
Alex Smith	Chris Thompson	Josh Norman	Vernon Davis	

## BRAIN BREAKS

Brain breaks are short and simple mind and body challenges. These are easy ways for you to regain focus during class time and they are designed to help keep you energized throughout the day.

Research 3 – 4 brain breaks that you and your friends can do during class time, when appropriate. These should be 1 – 2 minute activities that get you out of your chair and moving.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

# LESSON 5: COGNITIVE DEVELOPMENT



## STRESS MANAGEMENT

**STRESS** is your body's way of responding to any kind of demand or threat. This reaction can affect your health with or without your knowledge. Stress can cause similar symptoms to illness such as headache, insomnia and decreased productivity.

**STRESS MANAGEMENT** is a tool used to prepare the body for stress and cope with stress as it occurs. There are several different techniques that individuals can use to keep their stress levels under control:

- Time management
- Balance between school, family and social life
- Sleep — at least 8 – 9 hours each night!
- Balanced diet
- Exercise
- Breathing exercises
- Optimism

## IMPORTANCE OF SLEEP

One of the key ways to deal with stress is **SLEEP**. It is important for your overall health, energy and appearance! By sleeping, you are giving your body the opportunity to restore itself, grow, form memories and release important hormones.

If your body does not get enough sleep, your overall health will be compromised. Increased risks of obesity, heart disease, lack of energy and slower reaction times have been linked to lack of sleep as well. Be sure you make sleep a priority and remember most teenagers need at least 8 – 9 hours of sleep per night!

### THINGS TO AVOID

- Consuming caffeine late in the day
- Eating or drinking right before bed
- TV, computer and cell phone before bed

### THINGS TO DO

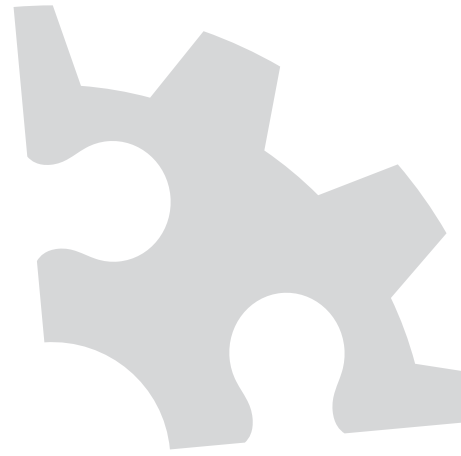
- Short naps earlier in the day
- Consistent bedtimes and wake times
- Calm activities before bed
- Keep a sleep log



**Turn & Talk!**

Stress can affect your body, mood and behavior. What are some ways you handle stress? Discuss these ideas with someone next to you.

# LESSON 5: COGNITIVE DEVELOPMENT



## TEAM BUILDING

**TEAM BUILDING** is the act of getting people to work together efficiently. To be successful in life, you must master effective communication skills, the art of trust and working with others.

In order to be an effective communicator, you must always remember to keep an open mind, engage in active listening and have a clear understanding of team goals and requirements. Effective communication can eliminate much of the stress and negative feelings associated with working with others.

You must trust the individuals around you, whether its family, friends or fellow classmates. A collaborative and trusting environment allows others to share their inner thoughts and opinions while developing a stronger bond.

### Demonstrate! **Materials needed:** Hula Hoop

In a group of five or more, form a circle holding hands. Ask two people to let go of their grip long enough for them to place their hands through a hula hoop before rejoining their hands together again. The team task is to pass the hula hoop clockwise around the circle until it returns to the starting point. Be an effective listener, keep an open mind and trust the person next to you. For more of a challenge — add an additional hula hoop moving in the opposite direction!



### EXIT TICKET

1. How are the left and right sides of your brain different? \_\_\_\_\_  
\_\_\_\_\_
2. What are brain breaks? \_\_\_\_\_  
\_\_\_\_\_
3. What are some ways to exercise your brain? \_\_\_\_\_  
\_\_\_\_\_
4. On average, how much sleep should you get each night? \_\_\_\_\_
5. What is your definition of team building? \_\_\_\_\_  
\_\_\_\_\_

### Key Concepts

- COGNITIVE
- STRESS
- TEAM BUILDING
- SLEEP
- STRESS MANAGEMENT



# FITT Feature

## Tiffany Templeton

### REDSKINS FITT STREET TEAM MEMBER

**HOMETOWN:** Little Rock, Arkansas

**COLLEGE:** *Undergraduate:* Henderson State University — Arkadelphia, Arkansas;  
*Graduate (enrolled):* Liberty University — Lynchburg, Virginia

**OCCUPATION:** Community Coordinator — Athleta  
Fitness Coach — Orange Theory, Next Phase  
Owner of Fit & Female Fitness Programs LLC

**STREET TEAM MEMBER:** One Semester

### What are some ways you deal with stress?

I SWEAT! Nothing like a great work-out to take my mind off things and help me to refocus. I also relax. When I am super busy, when my schedule is all over the place, and dealing with people on a day-to-day basis, things can get very stressful, so I like to schedule in some “me-time.” I usually take a yoga class or book a massage to help my body recover and zin-out!

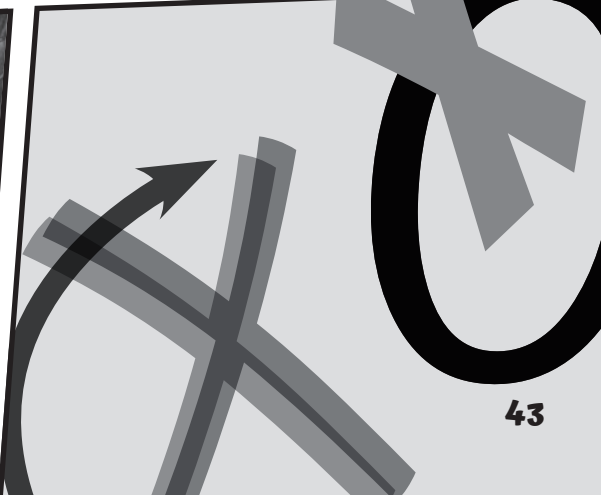
### Are you left-brained or right-brained?

Actually my left/right brain score is at 54%! Which means both sides of my brain work hand-in-hand. I share characteristics of both sides!

### How important is sleep?

VERY! I am realizing that as I get older. Rest is so important, not only to your health but when your body is sleeping, that's when it recovers and rebuilds... so for those looking to improve their physical fitness, get more rest!

...FOR THOSE LOOKING  
TO IMPROVE THEIR PHYSICAL  
FITNESS, GET MORE REST!



# POST-PROGRAM SELF REFLECTION



1. How many minutes of physical activity do you normally get every day? \_\_\_\_\_
2. Do you warm up before an activity? \_\_\_\_\_
3. Do you stretch after your warm up and before an activity or at the end of your workout? \_\_\_\_\_
4. How many of the main food groups can you name? \_\_\_\_\_
5. How many of the main food groups do you typically get in each meal? \_\_\_\_\_
6. What is your new definition of fitness?  
\_\_\_\_\_
7. What is your new definition of wellness?  
\_\_\_\_\_
8. What is your favorite physical activity? \_\_\_\_\_
9. What is your new definition of a healthy snack?  
\_\_\_\_\_
10. What is your favorite healthy snack? \_\_\_\_\_
11. Which is more important: physical activity or healthy eating? \_\_\_\_\_
12. How has this fitness plan impacted your overall health and wellness?  
\_\_\_\_\_
13. What are new ways you learned to stay physically active?  
\_\_\_\_\_
14. How will you encourage your family and friends to live a healthy lifestyle?  
\_\_\_\_\_
15. How will you incorporate the lessons you learned in this cornerstone into other areas of your life?  
\_\_\_\_\_
16. Will you continue your Fitness Plan after this program? \_\_\_\_\_
17. What did you like most about developing a personal fitness plan?  
\_\_\_\_\_