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# YOUTH HEALTH BULLETIN

JULY 2010

## GET STRONG AND STRETCH

**Y**our body can do amazing things. In order to make daily activities easy you should do some sort of strength activity and some stretching. Today, learn about what types of things YOU can do.

**Strengthening muscles**

The body is made up of many muscles that work together and allow you to move. Every movement you make, from running to wiggling your toes, uses muscles. It is important to keep your muscles in tip-top shape so you can move easily. Strengthening your muscles can help make other physical activities and every day activities easier to do.

**Some different activities you can do to help get strong are:**

**Jump rope:** Use a standard style jump rope to jump as you choose.

**Push away:** Stand 2 to 3 feet away from a wall. Lean forward and place hands shoulder width apart on wall. Push away from the wall, but keep your hands touching the wall. Continue to lean forward and then push away.

**Jumping jacks:** In a large open area, do jumping jacks. Your arms go out as your legs go out.

Continued on the back →



## Stretching

Think about waking up first thing in the morning. It feels so good to put your hands over your head and reach to the ceiling. This movement, which is stretching, makes you feel so good and wakes you from your rest. It is great for your body too. Stretching your body makes it easier to move around and do everyday activities.

### Here are a few stretches you can do:

**The Giraffe:** Full Body Stretch: Raise arms over the head. Clasp hands together and reach towards the ceiling/sky, stretching the whole body from the feet to the finger tips. Your hands are the giraffe's head trying to reach the leaf at the very top of a tree.

**The Chicken Wings:** Chest Stretch: Reach hands up to gently touch the sides of your head at about ear level. Keeping your hands on your head at ear level, press your elbows back. Stretching your chest and your arms will look like chicken wings.

**The Bear Hug:** Back Stretch: With your arms out in front of you, clasp your hands together and make a big circle with your arms as if you are bear-hugging a tree. Stretch your back and shoulders.

## JUMPING JACK CONTEST

Why don't you have a jumping jack contest with your friends? See who can do jumping jacks for the longest period of time without stopping. Or, you can see who can do the most jumping jacks in 2 minutes. Maybe you can see if you can do more jumping jacks than mom or dad.



## QUIZ

Tell us whether the activity is for a stretch or to get stronger!



The Bear Hug \_\_\_\_\_

The Giraffe \_\_\_\_\_

The Push Away \_\_\_\_\_

Jump Rope \_\_\_\_\_

Chicken Wings \_\_\_\_\_

Jumping Jacks \_\_\_\_\_

## UNSCRAMBLE

Unscramble the letters to reveal which stretch Wally Cat is doing!

AFFREGI: \_ \_ \_ \_ \_

ERAB UGH: \_ \_ \_ \_ \_

ENKCCHI GISWN: \_ \_ \_ \_ \_

### SOURCES:

- President's Council on Physical Fitness and Sports, U.S. Department of Health and Human Services. Available online at <http://fitness.gov/>
- Center for Nutrition Policy and Promotion. United States Department of Agriculture. Putting the Guidelines into Practice. October 2003.

## YOUTH HEALTH BULLETIN JULY 2010

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