



7 minutes	Defining fitness/ Fit 5
5 minutes	Physical Activity versus Exercise
7 minutes	Types of exercises
40 minutes	Create your own workout

### Presentation

At the start of the session, all athletes should receive Fit5 and Fitness Cards.

Follow the prompts in the fitness presentation slides to provide athletes with a general overview of:

- Fitness
- Fit 5
- Exercise versus physical activity
- Types of exercise

### Activity

SAY: As a Health Messenger, you might be asked to lead exercises as part of practice, a fitness program, or even as part of a presentation. Today, we are going to work together to design a workout. We will do a warm up as a large group first. Then, we will break out into small groups to design a circuit that includes at least 3 types of exercises. Your group will do the workout you created together. After that, you will partner with another group and teach them the workout you created. Once everyone finishes, we will join together for a quick cool down.

#### Warm-Up (8 minutes)

SAY: A warm-up should be the first physical activity in every training session or competition. It helps prepare the body and mind for the activity we are about to do. Warm-up exercises increase our body temperature and make our heart beat faster.

- Ask for exercises from the group and do each one as you go. The warm-up should last about 5 minutes.
- Athletes should be giving you:
  - Aerobic/endurance movements (i.e. walk, jog, skip, galloping...)
  - Dynamic stretches (Dynamic stretches consist of active, controlled movements that take body parts through a full range of motion. A few examples include arm circles and leg swings)
- Prompt athletes to think about all their body parts—legs, torso, shoulders...so exercises do not focus only in one area.

### Workout (25 minutes)

SAY: Now I'm going to put you into groups and I want you to build out a CIRCUIT of exercises. A circuit is a series of exercises done in a row, and each exercise is done for a certain amount of time. I want each group to develop a circuit with 2 endurance exercise, 2 strength exercises, and 1 balance exercise. You can use the Fitness Cards and Fit 5 guide for help, but you can use any exercises you want—even if they are not in the guide. You can put them in whatever order you want. For this circuit, I want you to do each exercise for 45 seconds. I want you to do 2 sets, which means I want you to do all the exercises and then repeat them. Take the next 3-5 minutes to plan out your circuit and then get started!

- Organize groups of 2-4 athletes (and their mentors)
- Mentors should help athletes to keep track of time
- Encourage each athlete to select at least one exercise

SAY: You're going to teach the other group your workout. I want you to add a new component this time. Offer one ADAPTATION for each exercise. So, the person who is teaching the exercise will give one way to make the exercises harder or easier. For example, if you did jumping jacks in your circuit, you might make it easier by just doing the legs part and not moving your arms. Now I will pair up the groups. Each athlete should teach at least one exercise from their circuit. This time you will only 1 set of each exercise.

- If there is plenty of time left, you can do 2 sets of each circuit
- After the activity is complete, compliment athletes on their ability to teach others, point out some great adaptations you saw, note how many exercises the group came up without needing equipment.

### Cool Down (5 minutes)

SAY: Now that you've all had a great workout, it's time to cool our bodies down. A good cool-down allows the body to gradually return to a state of rest. A typical cool-down includes light aerobic activity followed by stretching. What are some exercises we should do?"

- Ask for exercises from the group and do each one as you go.
- Athletes should be giving you:
  - Aerobic/endurance movements (i.e. walk, jog, skip, galloping...)
  - Static/traditional stretches (Static stretches consist of stationary positions at the end of a range of motion. This is what most people think of when they think of stretching. A few examples include a calf stretch or a side stretch)
- Prompt athletes to think about all their body parts—legs, torso, shoulders...so exercises do not focus only in one area.