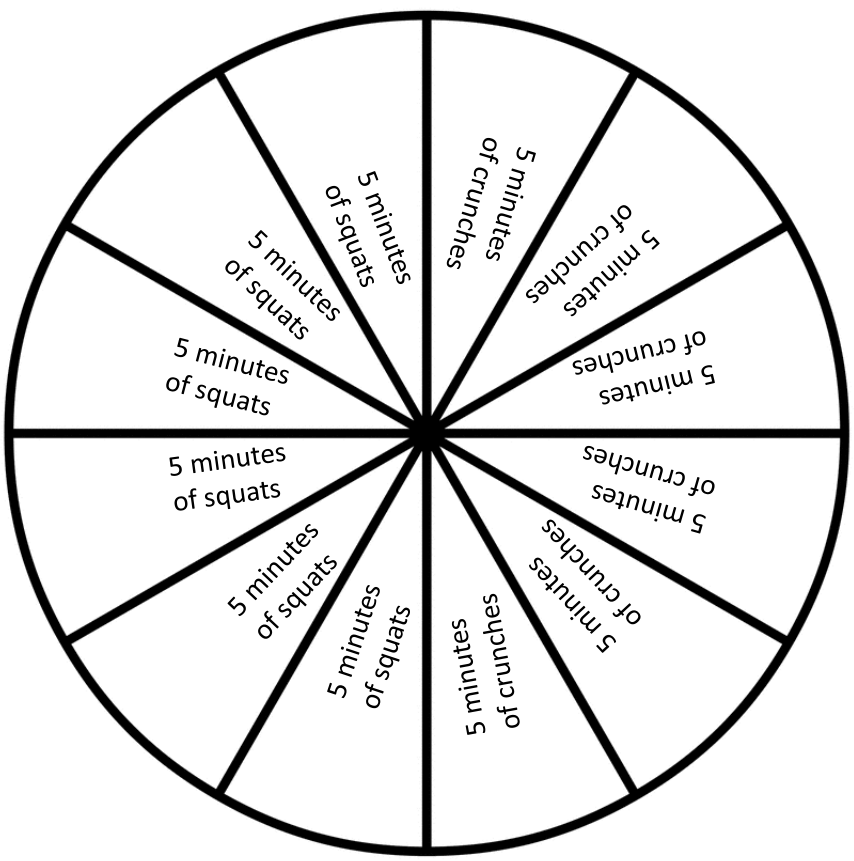
Name and Grade Level

Exercise is a key to being healthy and having a healthy and active lifestyle. Being active every day helps you to grow and develop. Physical activity can even help you cope with stress! If you have healthy lifestyle patterns when you are young, you are more likely to keep up those patterns when you grow up to be an adult. These healthy life choices can help to prevent you from getting sick, developing type 2 diabetes, high blood pressure or high cholesterol.

Get Active. At your own pace, do crunches and squats for at least 60 minutes. Track your time in the chart below and color in one part of your activity wheel for every 5 minutes you exercised.

Your Name: _____	_____ _____
Date(s) of when you exercised.	_____ _____
	_____ _____
	_____ _____
	_____ _____
	_____ _____