Instructions

1) Reach the “Proving I am Moving” slide in the physical activity segment of the presentation.

2) Discuss each type of physical activity in sequential order: aerobic, muscle strengthening, bone strengthening, and stretches.

3) Select two volunteers to demonstrate the four activities in class.

3) Engage the class in discussion about what each activity is and why it is important to partake in each one, mentioning the potential benefits.

4) Once the activity has been defined, ask the class to provide examples for the volunteers to demonstrate (ie. jumping jacks, push-ups, etc.).