



**THIS WEEK'S THEME**  
**FUEL UP!**  
**Calisthenics for Fitness**  
**Super Foods=Super You**

*Calisthenics are a fancy way of saying body weight exercises*  
*Perform this calisthenic circuit this week and receive an action point each time you complete it!*

- ◆ *Jumping Jacks ...20 is the magic number. Try signing your favorite song at same time.*
- ◆ *Squats...Remember to bend your knees. Try for 15*
- ◆ *Crunches....Do as many as you can until your belly starts to burn*
- ◆ *Flutter Kicks: Lie on your back with hands by your bum and keep your legs straight. Do tiny kicks with your feet while saying your ABCs. Don't stop kicking feet until you get to Z!*
- ◆ *Push Ups: Challenge one of your family members to do as many push ups as you can together!*

*You have completed the circuit.....give yourself a point! How many points can you get in one week? Write each one here:*

*Mon:            Tues:            Weds:            Thurs:            Fri:            Sat:            Sun:*

**Super Foods...** Super Foods are powerhouse foods that pack a large dose of antioxidants, vitamins, and minerals giving your family all the energy they need to lead healthy, active lives.

- ◆ Broccoli...if you didn't try the broccoli cheddar frittata last week, try it this week for a dose of vitamins
- ◆ Whole grains...oatmeal is a great way to start the day and great source of whole grains. Make it tasty with vanilla or cinnamon
- ◆ Cheese.....a super food because kids love it and it has tons of protein and calcium
- ◆ Berries.....red, black, blue: we love them all. Eat away
- ◆ Milk or milk substitute.....remember what it does for strong bones? Also a good source of carbohydrate and protein after activity
- ◆ Eggs.....this protein powerhouse is the most versatile food on planet and can be cooked 100 ways. What is your favorite way to eat eggs?
- ◆ Beef...is one of best sources for iron and B vitamins. Just remember to choose lean meats
- ◆ Cabbage.....it's mild flavor tends to appeal to kids. Try it as a substitute for lettuce in salads.

