



**POP FIT KIDS**

Walk. Run. Jump the Talk.

## THE FAB 5

Start Earning Your Action  
Points by  
Practicing the Fab 5

*Each time you complete one of the FAB 5... You will get 1 action point*

*\*The more you do, the more points you get!*

### **CARDIO** (makes heart strong)

*\*Jump Rope for 10 minutes*

*\*Play a game of soccer or basketball*

*\*Ride your bike*

### **STRENGTH** (makes muscles strong)

*\*Do 8 push ups two times*

*\*Lean against the wall and bend your knees to 90 degrees and hold as long as you can*

*\*Do sit ups during commercials when you watch tv*

### **FLEXIBILITY** (makes you limber)

*\*Do 10 toe touches before school*

*\*Practice your downward dog*

### **BALANCE** (keeps you centered)

*\*Practice standing on one foot with my eyes closed*

*\*Practice standing like a tree*

### **ENDURANCE** (Makes you go longer)

*\*Play in a soccer/basketball/dance class for 30 minutes*

*\*Walk (with your dog) for 30 minutes or more*

### **BONUS POINTS FOR HEALTHY EATING**

**Eat 2 green foods and get 2 extra bonus points**

*\* Write the foods here:*

