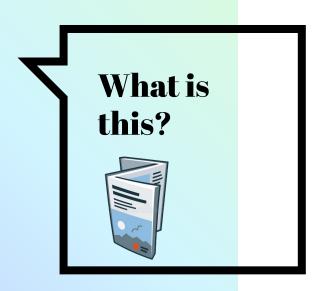
Health & Wellness Digital Brochure!





This is a digital brochure that will guide Levittown students & parents on how to stay healthy & well using the 4 components of fitness.

 Users of this brochure will be able to browse each section to gain an understanding of each fitness components purpose & a step by step guide of how to perform each exercise

What are the 4 components of exercise?



Endurance

The ability to remain active for a long period of time

Strength

The ability to exert power

Flexibility

 The ability of joints & muscles to maintain a proper range of motion

Balance

The ability to control your body



Extra endurance exercises:

- Biking
- Swimming
- Basketball
- Dancing

Easy

- Brisk walk

 (walking at an above average pace) for 30
 minutes
- 4 5 days aweek
- Can be done at the Macarthur H.S. or Division Avenue H.S. Tracks!



Medium

- Light 1 mile jog
- Walk for 1
 minute when
 you need a
 break.



Difficult

Burpees

Perform 50 burpees in 10 minutes





Extra strength exercises:

- Dumbbell curls
- Dips
- Rows
- Sit ups

Easy

- Planks
- Perform 30 second planks, 4 separate times



Medium

- Body weight squats
- Perform 10body weightsquats, 4separatetimes



Difficult

- Push ups
- Perform 10 push - ups 3 separate times
- Straight back push ups (More Difficult)



Modified push - ups (Easier)





Extra flexibility exercises:

- Seated hamstring stretch
- Butterfly stretch
- Standing quad stretch
- Yoga

Easy

- Knees to Chest
- Grab and hold each leg for 15 seconds, 8 separate times



Medium

- Forward Lunges
- Perform a lunge on each leg, 15 times



Difficult

- Sitting Toe Touches
- Hold position for 10 seconds, 3 separate times





Extra balance exercises:

- Sit to stand
- One leg forward lean
- Knee to elbow (Sides)
- Tippy toe walks

Easy

- TightropeWalk
- Walk 25 feet forward using the toe to heal technique
- Perform this 8 separate times



Medium

- One Leg Balance
- Hold each
 leg up for 20
 seconds, 4
 separate
 times



Difficult

- Single Leg
 Calf Raise
- Hold each leg up for 15 seconds, 4 separate times





MAY



Wellness & Fitness Calendar

	SUN	MON	TUE	WED	THU	FRI	SAT
	Brisk ¹ Walk	1 Endurance & 1 Strength Exercise	1 Flexibility & 3 1 Balance Exercise	Brisk 4 Walk	1 Endurance &5 1 Strength Exercise	Brisk 6 Walk	1 Flexibility & 1 Balance Exercise
	1 Endurance & S 1 Strength Exercise	Brisk Walk	1 Flexibility & 0 1 Balance Exercise	Brisk 11 Walk	1 Endurance & 2 1 Strength Exercise	Brisk 13 Walk	1 Flexibi <mark>lity &4</mark> 1 Balance Exercise
	Brisk 15 Walk	1 Endurance & 1 Strength Exercise	1 Flexibility & 7 1 Balance Exercise	Brisk 18 Walk	1 Endurance & 9 1 Strength Exercise	1 Flexibility & 0 1 Balance Exercise	Brisk Walk
	1 Endurance & 1 Strength 22 Exercise	Brisk Walk 23	1 Flexibility & 1 Balance 24 Exercise	Brisk Walk 25	1 Endurance & 1 Strength 26 Exercise	Brisk Walk	1 Flexibility & 1 Balance 2 Exercise
	Brisk Walk	1 Endurance & 1 Strength Exercise 30	Brisk Walk 31				