

Health & Wellness Digital Brochure!



What is this?



- 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 are able to browse each section to gain an understanding of each fitness component & a step - by - step guide of how to perform exercises within each component.

What are the 4 components of exercise?



- ***Endurance***
 - The ability to remain active for an extended 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

Endurance Exercises

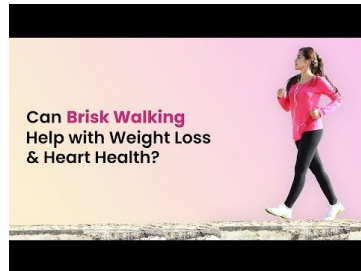


Extra endurance exercises:

- Biking
- Swimming
- Basketball
- Dancing

Easy

- **Brisk walk**
(walking at an above average pace) for 30 minutes
- 4 - 5 days a week
- 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



Strength Exercises



Extra strength exercises:

- Dumbbell curls
- Dips
- Rows
- Sit ups

Easy

- **Planks**
- Perform 30 second planks, 4 separate times



Medium

- **Body weight squats**
- Perform 10 body weight squats, 4 separate times



Difficult

- **Push - ups**
- Perform 10 push - ups 4 separate times
- Straight back push - ups (More Difficult)



- Modified push - ups (Easier)



Flexibility Exercises



Extra flexibility exercises:

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

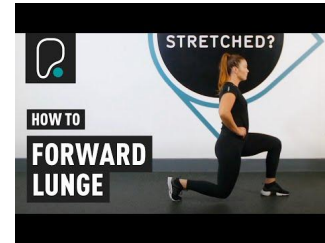
Easy

- **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, 4 separate times



Balance Exercises



Extra balance exercises:

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

Easy

- **Tightrope Walk**
- Walk 25 feet forward using the toe to heel 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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. Brisk Walk	2. 1 Endurance & 1 Strength Exercise	3. 1 Flexibility & 1 Balance Exercise	4. Brisk Walk
5. 1 Endurance & 1 Strength Exercise	6. Brisk Walk	7. 1 Flexibility & 1 Balance Exercise	8. 1 Endurance & 1 Strength Exercise	9. Brisk Walk	10. 1 Flexibility & 1 Balance Exercise	11. Brisk Walk
12. 1 Endurance & 1 Strength Exercise	13. Brisk Walk	14. 1 Flexibility & 1 Balance Exercise	15. Brisk Walk	16. 1 Endurance & 1 Strength Exercise	17. 1 Flexibility & 1 Balance Exercise	18. Brisk Walk
19. 1 Endurance & 1 Strength Exercise	20. 1 Flexibility & 1 Balance Exercise	21. Brisk Walk	22. 1 Endurance & 1 Strength Exercise	23. Brisk Walk	24. 1 Flexibility & 1 Balance Exercise	25. Brisk Walk
26. 1 Endurance & 1 Strength Exercise	27. Brisk Walk	28. 1 Flexibility & 1 Balance Exercise	29. Brisk Walk	30. 1 Endurance & 1 Strength Exercise	31. Brisk Walk	

