

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 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

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 3 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, 3 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

SUN	MON	TUE	WED	THU	FRI	SAT
Brisk Walk 1	1 Endurance & 1 Strength Exercise 2	1 Flexibility & 1 Balance Exercise 3	Brisk Walk 4	1 Endurance & 1 Strength Exercise 5	Brisk Walk 6	1 Flexibility & 1 Balance Exercise 7
1 Endurance & 1 Strength Exercise 8	Brisk Walk 9	1 Flexibility & 1 Balance Exercise 10	Brisk Walk 11	1 Endurance & 1 Strength Exercise 12	Brisk Walk 13	1 Flexibility & 1 Balance Exercise 14
Brisk Walk 15	1 Endurance & 1 Strength Exercise 16	1 Flexibility & 1 Balance Exercise 17	Brisk Walk 18	1 Endurance & 1 Strength Exercise 19	1 Flexibility & 1 Balance Exercise 20	Brisk Walk 21
1 Endurance & 1 Strength Exercise 22	Brisk Walk 23	1 Flexibility & 1 Balance Exercise 24	Brisk Walk 25	1 Endurance & 1 Strength Exercise 26	Brisk Walk 27	1 Flexibility & 1 Balance Exercise 28
Brisk Walk 29	1 Endurance & 1 Strength Exercise 30	Brisk Walk 31				

