

Transition Times – Fall 2007

Fall Fitness Activities

Here are some activities you can do this fall and winter to burn calories and stay healthy.

☺ These activities will burn, on average, 100 calories in the time specified*:

Washing dishes	30 minutes
Gardening or raking leaves	20 minutes
Mowing the lawn	20 minutes
Shoveling snow	14 minutes
Walking the dog	25 minutes
Skateboarding	17 minutes
Bowling	25 minutes
Running/jogging	10 minutes
Biking	13 minutes
Playing volleyball	25 minutes
Playing basketball	10 minutes
Playing flag football	10 minutes
Playing soccer	11 minutes
Horseback riding	20 minutes
Snowboarding	10 minutes



*How many calories you burn depends on your weight (heavier people burn more calories) and overall fitness level (muscles burn more calories at rest than fat.)

☺ Here are some other activities, along with how many calories they burn in 1 hour:

Leisurely bicycling	300
Leisurely walking	280
Running/jogging	590

☺ Play Guitar Hero or DDR? This is how many calories you burn in 1 hour of playing:

Playing guitar (standing)	230
Playing guitar (sitting)	150
Dancing (general)	350



Jumping Rope

- ☺ Just 15 minutes of jumping rope burns about 185 calories (50% more than jogging!) The faster you jump, the more calories you burn. Jumping rope also increases muscle strength and improves timing, coordination, and balance. It tones not only your legs but also your back, shoulders, abs, chest, and arms.
- ☺ Tips for jumping rope:
 - Choose the correct rope length for you. To do this, use one foot to step on the center of the rope. Pull up on the handles – they should come to the middle of your chest.
 - If possible, wear a good pair of shoes with a lot of cushioning for the balls of your feet.
 - Don't jump rope on concrete – use an exercise mat, wooden floors, a gym floor, or carpet.
 - Jump only high enough to clear the rope – about 1 inch off the ground. Land lightly on the balls of your feet.
 - Keep your torso upright and your elbows close to your sides. Turn the rope by small circles with your wrists.
- ☺ Jumping tricks:
 - Figure Eight: Swing the rope from side to side without jumping through it. This gives you the feel of the rope and motion. It's also good if you need a break from jumping but don't want to stop moving.
 - Slalom: Instead of jumping up and down vertically, jump from side to side like you are downhill skiing.
 - Straddle: This is like doing jumping jacks with a jump rope.
 - Slow Jump: Slow down so you are doing half as many repetitions. Elongate the movement, bending your knees slowly to jump.



Your BMI

- ☺ BMI, or body mass index, is a number calculated from your height and weight. It is considered a fairly reliable indicator of body fatness. It does not directly measure body fat, but BMI has been shown to correlate to direct measures of body fat.
- ☺ Calculating your BMI
 - You can calculate your own BMI by using the formula below, or by using the online CDC BMI calculator at: <http://apps.nccd.cdc.gov/dnpabmi/Calculator.aspx>
 - The formula used is:

$$\frac{\text{weight (lb)}}{[\text{height (in)}]^2 \times 703}$$

- ☺ The charts illustrating BMIs for boys and girls from age 2-20 can be found at <http://www.cdc.gov/growthcharts/>. You can use these charts in conjunction with the following categories to determine whether you are underweight, healthy weight, at risk of becoming overweight, or overweight.



Weight Status Category	Percentile Range
Underweight	Less than the 5 th percentile
Healthy weight	5 th percentile to less than the 85 th percentile
At risk of overweight	85 th to less than the 95 th percentile
Overweight	Equal to or greater than the 95 th percentile

Get Fit: The President's Challenge

President Lyndon Johnson began the Presidential Physical Fitness Program in 1966. In 1986, this program became the President's Challenge. The President's Challenge rewards kids for being active, fit, and healthy with a variety of awards.



Presidential Active Lifestyle Award (PALA)

- ☺ The PALA is awarded to kids who are active for at least 60 minutes 5 days a week for 6 weeks. This can include using a pedometer to walk at least 10,000 steps per day. In order to earn the award you must record your activities in an activity log. An online log and other information is available at <http://www.presidentschallenge.org/>.

Physical Fitness Test

3 awards are given for completing the Physical Fitness Test consisting of the following five categories:

- ☺ Curl-ups or Partial Curl-ups (abdominal strength/endurance)
 - Full curl-ups: lie on a cushioned surface with your knees bent and feet flat on the floor. Have a partner hold your feet and count your curl-ups. Cross your arms over your chest and put your hands on the opposite shoulders. Keeping your elbows close to your chest, lift your trunk up to touch your elbows to your thighs. A complete curl-up is counted each time you lower back to the floor. Do as many curl-ups as you can in one minute. This is for testing purposes only, not regular exercise.
 - Partial curl-ups: perform these the same way as the full curl-up, except keep your arms straight, your hands on your thighs, and your partner cupping the back of your head. Slide your hands up your legs until your fingers touch your knees. When you lower your head back into your partner's hands, you have completed one partial curl-up.
- ☺ Endurance Run/Walk (heart/lung endurance)
 - Find a safe one-mile course and try to complete it in the shortest time possible.
- ☺ Pull-ups or Right Angle Push-Ups (upper body strength/endurance)
 - Pull-ups: grasp a pull-up bar with either an overhand or underhand grip, and hang with your feet not touching the floor. Lift your body until your chin clears the bar, then lower yourself back down to the starting position. Complete as many pull-ups as you can.
 - Right angle push-ups: lie face down on a mat in the push-up position with your hands under your shoulders, fingers straight, and legs straight, parallel, and slightly apart with your toes supporting your feet. Straighten your arms while keeping your back and legs straight so you are in an upright push-up position. Then lower your body until your elbows are at a 90-degree and your upper arms are parallel to the floor, then push back up. Do one push-up every three seconds until you cannot complete any more at this pace.
- ☺ Shuttle Run (leg strength/power/agility)
 - Start with two lines 30 feet apart. Put two wooden blocks or similar items behind one line. Go to the second line, and at the start signal, run to the first line, pick up one block, and run back to the second line. Repeat this for the second block. Do this as fast as you can without throwing the blocks.
- ☺ V-Sit Reach (lower back/hamstring flexibility)
 - V-sit reach: sit on the floor with your shoes off and put your feet 8-12 inches apart on a line on the floor. Clasp your thumbs so your hands are together with palms facing down and place them on the line at your feet. Have a partner help keep your legs straight and your toes pointed upwards. Exhaling, reach forward as far as you can while keeping good form. Do three practice tries, then measure the fourth try by measuring how far beyond the line your fingers reach.



- ☺ **Presidential Physical Fitness Award**
 - This award is given to kids in the top 15% of their age group on all five categories of the Physical Fitness Test.
- ☺ **National Physical Fitness Award (NPFA)**
 - This award is given to kids who score in the top 50% of their age group on all five categories of the Physical Fitness Test.
- ☺ **Participant Physical Fitness Award**
 - This participation award is given to kids who score in the bottom 50% of any one category of the Physical Fitness Test.

Presidential Physical Fitness Award Scores (top 15%) for the Physical Fitness Test

	Age	Curl-ups (# in one min)	Partial Curl- ups (# in one min)	Endurance Run (min:sec)	Pull-ups (#)	Rt. Angle Push-ups (#)	Shuttle Run (seconds)	V-sit Reach (inches)
Boys	15	57	75	6:20	11	42	9.0	5.0
	16	56	73	6:08	11	44	8.7	6.0
	17	55	66	6:06	13	53	8.7	7.0
Girls	15	48	38	8:08	2	20	10.0	8.0
	16	45	49	8:23	1	24	10.1	9.0
	17	44	58	8:15	1	25	10.0	8.0

National Physical Fitness Award Scores (top 50%) for the Physical Fitness Test

	Age	Curl-ups (# in one min)	Partial Curl- ups (# in one min)	Endurance Run (min:sec)	Pull-ups (#)	Rt. Angle Push-ups (#)	Shuttle Run (seconds)	V-sit Reach (inches)
Boys	15	45	45	7:30	6	30	9.7	2.0
	16	45	37	7:10	7	30	9.4	3.0
	17	44	42	7:04	8	37	9.4	3.0
Girls	15	36	26	9:58	1	15	11.0	5.0
	16	35	26	10:31	1	12	10.9	5.5
	17	34	40	10:22	1	16	11.0	4.5

