

Mr. Lawry's Fitness Club

Fitness is REALLY IMPORTANT! Healthy bodies feel better, think better, look better, and love longer! People who exercise every day can play and be physically active for long periods of time without getting tired. Be sure to exercise for a total of 60 minutes every day.

GOAL: Choose exercises from each category to practice every day that are challenging and fun. Thank you for joining my fitness club!!!

Warm up Exercises

Jumping Jacks

Dancing

Stretching

Balance Beam Activities

Walking

Aerobic Exercises

Biking

Swimming

Cross-country skiing

Tag Games

Soccer / Basketball

Anaerobic (Strength) Exercises

Pull-Ups

Sit-Ups

Push-Ups

Monkey bars

Shoveling Snow