



**January 2025**  
**Happy New Year**

## **The Importance of Daily Exercise**

**School age children need 60 minutes of physical activity every day!**

- Physical activity is beneficial for people of all ages because it can improve both mental and physical health.
- Advantages to exercise include:
  1. Improves sleep quality
  2. Reduces anxiety and depression
  3. Increases energy and concentration
- Exercise also helps you achieve and maintain a healthy weight, decreasing your risk for developing many health conditions later in life like heart disease, hypertension, stroke, type 2 diabetes and many cancers.

### **Three types of exercise**

1. **AEROBIC** - This type of exercise strengthens your heart and lungs. During these activities you will be breathing quicker and your heart will be beating very fast. Most of your recommended 60 minutes of daily activity should come from aerobic exercise and you should try to engage in it at least 3 times per week.
2. **MUSCLE STRENGTHENING** - The goal of these exercises is to build your muscles and increase your strength.
  - a. Examples: body weight exercises (e.g. push-ups or sit-ups), using hand held weights (or any weighted object like a frozen water bottle or canned food), yoga
3. **BONE STRENGTHENING** - Impact with the ground puts force on your bones that encourages them to grow and strengthen.
  - a. Examples: running, jumping rope, jumping jacks

If you have any questions, please contact the school nurses:  
Katy Stokke, RN - [kstokke@spirit-lake.k12.ia.us](mailto:kstokke@spirit-lake.k12.ia.us) - 712-336-2822 ext 4830  
Cindy Hilpiyre, RN - [chilpiyre@spirit-lake.k12.ia.us](mailto:chilpiyre@spirit-lake.k12.ia.us)

# 25 WAYS TO GET MOVING AT HOME



1

Run in place for 30 seconds



2

Dance party for 1 minute

3

Stand up and sit down 10 times



4

Read standing up

5

Hot lava!  
Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

6

Jumping jacks for 30 seconds

7

Do the hokey pokey

8

See how many squats you can do in 15 seconds

9

Stand up, touch your toes

10

Wall sits while reading



11

Practice yoga for 1 minute

12

Stretch your hands high over your head



13

Arm circles forward for 30 seconds, arm circles backward for 30 seconds

16

Stand on one leg, put your hands up, put your hands out to the side

17

5 lunges on the right leg, 5 lunges on the left leg

14

10 frog jumps



15

Standing mountain climbers for 30 seconds

20

Practice spelling by doing a jumping jack for each letter

21

30-second plank



ABC 18

Practice spelling, do a squat for every vowel

19

Skip for 30 seconds, check your heart rate

24

Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

25

High knees for 30 seconds

22

Practice math problems, do a jumping jack every time the answer is an even number

23

20 leg lifts

[heart.org/KidsActivities](http://heart.org/KidsActivities)