

# MAY 2019

## National Physical Fitness Month!

Littlefield SHAC is supporting the President's Council on Sports, Fitness & Nutrition in honor of National Physical Fitness and Sports Month. During the month of May, we challenge all adults to get active every day!

Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease, and some types of cancer. Yet in Texas nearly 32.1% don't get the recommended amount of physical activity.

The Physical Activity Guidelines for Americans recommend that adults:

- Aim for at least 2 hours and 30 minutes of moderate-intensity aerobic activity each week. This includes things like walking fast, dancing, swimming, and raking leaves.
- Do muscle-strengthening activities – like lifting weights or using exercise bands – at least 2 days a week.

Physical activity good is for everyone's health. No matter what shape you are in, you can find activities that work for you. Together, we can rise to the challenge and get more active during the month of May!

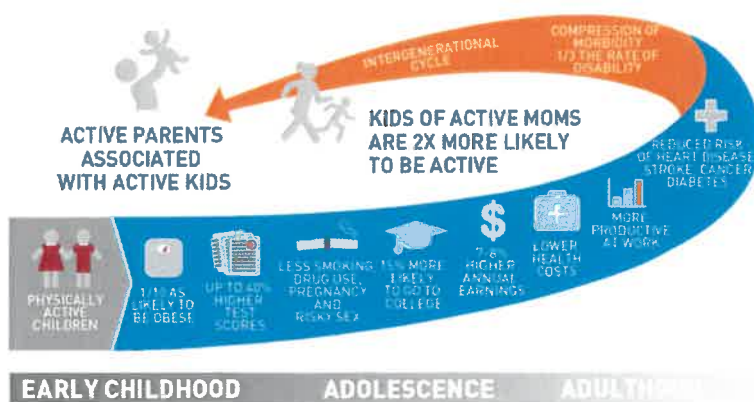
## Just a few thoughts!

There are a few quick fitness tips that every beginner,

despite your goal or training style needs to hear.

- Start slow. Every step counts. ...
- Seek guidance. Everyone needs guidance when they start. ...
- Think "movement" not workout. ...
- Phone a friend. ...
- Train your mind.

### ACTIVE KIDS DO BETTER IN LIFE WHAT THE RESEARCH SHOWS ON THE COMPOUNDING BENEFITS



Always consult your physician with any questions or concerns.; For comments, questions and concerns please email. [dreed@littlefield.k12.tx.us](mailto:dreed@littlefield.k12.tx.us)

Student Health Advisory Council for Littlefield ISD

Let's get movin in May!

# ACTIVITY BINGO



Forward Lunges



Straddle Sit



Butterfly Sit



Bridge



Curl-ups or  
Crunches



Push Ups



Jumping Jacks



Star  
Jumps



Arm  
Swings



Side Lunges



Stork  
Stand

**5**  
**BURPIES**



Arm Circles



Superman



Side  
to Side  
Jumps



Forward  
and  
Back  
Jumps