



# Fast Break!



**KidsHealth**

KidsHealth.org



**SchoolFood**  
Feed your mind

Separate these activity cards and use them to get active in and out of the classroom!

## Wake Yourself Up!

Overhead Stretch



Clasp hands overhead. Extend and hold for 5-10 seconds. Lean to the right and hold. Repeat on left.

## Pump Yourself Up!

Air Jump Rope



Stand with arms by sides. Jump at a steady pace like you're skipping rope, pretending to turn rope.

## Get Focused!

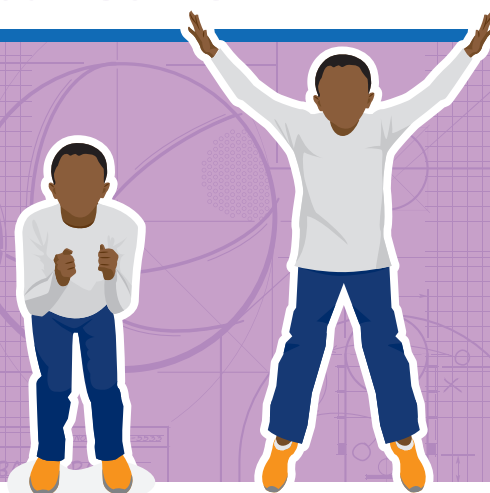
Warrior Pose



Lunge with arms outstretched and hold for 5-10 seconds. Repeat on the other side.

## Up Your Game!

Star Jump



Squat. Jump up with arms and legs out like a star. Land softly, returning to squat. Repeat 3 to 5 times.



Attention, Teachers! Help boost students' grades with Fast Break physical activities at [KidsHealth.org/Classroom](http://KidsHealth.org/Classroom)

## ***Pump Yourself Up!***

**Fast Feet**



With knees bent and head up, move feet quickly like you're running in place. Do for 30 seconds.

## ***Wake Yourself Up!***

**Empty Coat Sleeves**



Stand with legs apart. Twist from side to side, letting your arms swing until you feel loose.

## ***Up Your Game...***

**With Good Nutrition**



1. Drink water and low-fat or fat-free milk.
2. Eat fruit and vegetables at every meal.
3. Enjoy a healthy meal with your family.  
Turn off the TV and talk about your day.

## ***Get Focused!***

**Tree Pose**



Place foot on inside opposite calf. Raise arms and hold for 10 seconds. Repeat on the other side.