

# Exercise Instructions

## Aerobic Exercises to Strengthen Hearts, Lungs, and Minds

- **Picky Peggy Says** - Played like *Simon Says*. Call out movements such as Picky Peggy says... jump in place, hop on left foot, bend to the right, stoop to the floor, twist in place, etc. Students do the movements, if *Picky Peggy says*.
- **Food Group Run** - Explain to the students that you will call out the name of a food. If it is a MyPlate food, they are to run in place as fast as they can. If it is a *sometimes food*, they should freeze.



## Exercises to Grow and Strengthen Muscles

- **Food Group Push Ups** - Call out the name of a food from one of the 5 food groups. Students are to do desktop pushups; the number is based on the food group:
  - ◆ Vegetables – 1
  - ◆ Fruits – 2
  - ◆ Grains – 3
  - ◆ Protein – 4
  - ◆ Dairy – 5
- **Push/Pull** - Have students stand in pairs with hands out flat against their partner's hands. Call out the names of foods. If the food is from one of the five food groups, the students push against their partner's hands. If it is a *sometimes food*, they lace their fingers and pull.

## Exercises to Grow and Strengthen Bones

- **Hop Stop** - Hop on the right foot every time the leader calls out hop. Land with the legs spread apart every time stop is called out. (Switch between hopping on the right foot and the left foot.)
- **MyPlate Hop and Jump** - When you call out a food group, students are to do the accompanying movement:
  - ◆ Vegetables – lunge and jump
  - ◆ Fruits – jumping jacks
  - ◆ Grains – hop on left foot
  - ◆ Protein – hop on right foot
  - ◆ Dairy – pretend to jump ropeOption: Instead of calling out the food group, call out a food and students need to first figure out the food group and then do the movement.