

# BE ACTIVE EVERY DAY

LESSON  
1

## WHAT IS A GO ACTIVITY?

We're going to play games, learn songs, make snacks, and do other fun activities so you can discover how to stay strong and healthy!

We call physical activity that helps your heart "GO" activities.



### ACTIVITY 1

## MAKE A MUSCLE AND FEEL IT!

You can tell whether something is a **GO** activity from certain changes in your body that take place while you're doing it. These changes are called body cues—one body cue is a faster heartbeat.

### ACTIVITY 2

## CHECK YOUR PULSE

Gently place the index and middle fingers of one hand on the inside wrist of the other hand. Slide these two fingers toward the thumb side of the wrist.



## Power Up!

### Physical Activity Routine

#### WARM-UP ACTIONS (2 minutes total)

- Walk in place
- Touch toes to the ground, alternating feet
- Walk in place
- Touch heels to the ground, alternating feet
- Feel your pulse

#### ACTIVE ACTIONS (4 minutes total)

- March in place, with your hands on your hips
- March in place, swinging your arms
- March in place, pushing your arms outward
- Do knee lifts, pushing your arms outward
- Do knee lifts, pushing your arms toward the ceiling
- Do knee hops, pushing your arms toward the ceiling
- Jog in place, pushing your arms outward
- Jog in place, pushing your arms toward the ceiling
- Feel your pulse

#### COOL DOWN ACTIONS (2 minutes total)

- Walk in place
- Touch toes to the ground, alternating feet
- Walk in place
- Touch heels to the ground, alternating feet
- Feel your pulse