




Healthy Hero

Activity Handbook

VENTURA & SANTA BARBARA YOUTH WELLNESS
INITIATIVE

BROUGHT TO YOU BY
SEE  AG

THIS HANDBOOK BELONGS
TO:



Look for rainbows throughout this
handbook for **FUN FACTS** about
physical fitness!

ABOUT THIS BOOK

The purpose of this handbook is to provide fun, accessible ways for kids to incorporate physical activity into their daily lives. We hope you are inspired to get moving in your home, or in the great outdoors!

This handbook was created by SEEAG, which stands for "Students for Eco-Education & Agriculture." As a 501(c)3 non-profit organization, our mission is to educate students and the greater community about the farm origins of their food and agriculture's contribution to our nutritional and physical well-being.

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FITNESS IN FALL

CATCHING LEAVES

DO YOU SEE LEAVES FALLING FROM TREES? RUN OUTSIDE, AND TRY TO CATCH THEM BEFORE THEY HIT THE GROUND! AFTER, HELP YOUR PARENTS RAKE THEM INTO A PILE.



JUMPING ROPE

PUT ON YOUR FAVORITE SONG, AND SEE HOW LONG YOU CAN JUMP! EXTRA CHALLENGE: SING ALONG WHILE JUMPING! FUN INDOORS OR OUTDOORS!

NATURE WALK

ASK YOUR PARENTS TO WALK WITH YOU TO A PARK, SCHOOL, OR AROUND YOUR NEIGHBORHOOD! SEE HOW MANY DIFFERENT TYPES OF AUTUMN LEAVES YOU CAN COLLECT ALONG THE WAY!

*NO LEAVES? KEEP AN EYE OUT FOR DIFFERENT INSECTS & ANIMALS!



NATURE WALK LOG

RECORD COOL THINGS YOU SEE ON YOUR WALK!



PLANTS/LEAVES:

ANIMALS:

BUGS:

ANYTHING ELSE?

FUN FACT: MODERATE EXERCISE BOOSTS YOUR IMMUNE SYSTEM, PREVENTING YOU FROM GETTING SICK!

WORK OUT IN WINTER

RAINY DAY DANCE PARTY

STAY IN, AND DANCE TO YOUR FAVORITE MUSIC WITH YOUR FRIENDS AND FAMILY! DANCE TIL YOU DROP, LAST PERSON DANCING WINS! OR, DANCE ALONE FOR AS LONG AS POSSIBLE.



GOT YOUR SOCK

PUT ON A PAIR OF WARM WINTER SOCKS, AND COMPETE WITH A FRIEND OR FAMILY MEMBER TO SEE WHO CAN KEEP THEIR SOCKS ON THE LONGEST! GOAL: STEAL SOCK OFF THE FOOT OF YOUR OPPONENT!

ANIMAL RACE

SEE HOW FAST YOU CAN:

- HOP LIKE A FROG
- CRAWL LIKE A DOG
- SKIP & FLAP LIKE A BIRD
- CRAB WALK
- LEAP LIKE A DEER
- WADDLE LIKE A PENGUIN



FUN FACT: EXERCISING IMPROVES BRAIN FUNCTIONING, AND ENHANCES MEMORY!



SPRINT INTO SPRING



GET IN THE GARDEN

PLANT SEEDLINGS IN POTS AT HOME, IN THE BACKYARD, OR VOLUNTEER AT A LOCAL COMMUNITY GARDEN. THINGS TO PLANT IN SPRING:

- TOMATOES
- BASIL
- PEPPERS
- CUCUMBERS



BEACH FRISBEE GOLF

BRING A FRISBEE TO THE BEACH FOR THE AFTERNOON! DIG A HOLE TO USE AS A TARGET OR SET UP AN UMBRELLA OR TOWEL! SEE IF YOU CAN HIT THE TARGETS WITH YOUR FRISBEE!

HOPSCOTCH

HEAD OUTSIDE, AND SEE HOW QUICKLY YOU CAN MASTER THIS CLASSIC GAME. DRAW YOUR PATH ON THE GROUND USING CHALK. FOR AN EXTRA CHALLENGE, TRY COMPLETING THE WHOLE COURSE USING ONLY ONE FOOT AT A TIME!






SUMMER



DIGGING IN THE SAND

VISIT THE BEACH, AND TRY TO DIG AS DEEP AS YOU CAN IN THE SAND TO CREATE A COOL PLACE FOR LOUNGING. FOR AN EXTRA CHALLENGE, USE A BUCKET TO FILL THE HOLE WITH OCEAN WATER (CREATING YOUR OWN SWIMMING HOLE)!



SPRAY BOTTLE TAG

ASK YOUR PARENTS FOR SOME OLD SPRAY BOTTLES, WASH THEM OUT, AND FILL THEM WITH WATER. PLAY "TAG" WITH YOUR FRIENDS AND FAMILY. - IF YOU GET SPRAYED WITH WATER, YOU'RE "IT"!

SUMMER CIRCUIT

CHALLENGE YOURSELF TO REPEAT THIS CIRCUIT 3 TIMES. CAN'T DO IT YET? PRACTICE MAKES PERFECT! TRY AGAIN TOMORROW!

- 10 JUMP SQUATS
- 10 INCHWORMS
- 10 CALF RAISES



SUMMER CIRCUIT INSTRUCTIONS



JUMP SQUATS

- SQUAT ALL THE WAY DOWN TO THE GROUND, AND SPRING UP AS FAST AS YOUR CAN.
- REACH YOUR ARMS TO THE SKY AS YOU JUMP UP.
- SINK BACK INTO A SQUAT ONCE YOUR FEET TOUCH THE GROUND. REPEAT!

INCHWORMS

- BEND DOWN, AND TOUCH YOUR TOES IN A STANDING POSITION.
- CRAWL YOUR FINGERS FORWARD ON THE GROUND UNTIL YOU ARE IN A PLANK POSITION. HOLD, KEEPING YOUR CORE TIGHT.
- WALK YOUR FEET TOWARDS YOUR HANDS UNTIL YOU ARE BACK IN THE STARTING POSITION. REPEAT!

CALF RAISES

- START IN A STANDING POSITION WITH FEET HIP WIDTH APART.
- SLOWLY STAND UP ON THE TIPS OF YOUR TOES. HOLD.
- SLOWLY LOWER YOUR HEELS TO THE GROUND. REPEAT!

*FUN FACT: DRINKING WATER, AND EATING A HEALTHY BALANCE OF FRUITS, VEGGIES, CARBS, FAT, AND PROTEIN GIVES YOU THE ENERGY YOU NEED TO EXERCISE AND GAIN STRENGTH!



HEALTHY HERO BINGO

USE THIS BINGO CARD TO TRACK YOUR PROGRESS.
TRY TO GET 4 IN A ROW EVERY MONTH!

CATCHING LEAVES 	HOPSCOTCH 	30 SECOND TOE TOUCH STRETCH 	SPRAY BOTTLE TAG 
DANCE PARTY 	1-MINUTE WALL SIT 	GOT YOUR SOCK 	10 PUSH-UPS 
GARDENING 	SAND DIGGING 	JUMPING ROPE 	BEACH FRISBEE GOLF 
NATURE WALK 	30-SECOND PLANK 	ANIMAL RACE 	SUMMER CIRCUIT 