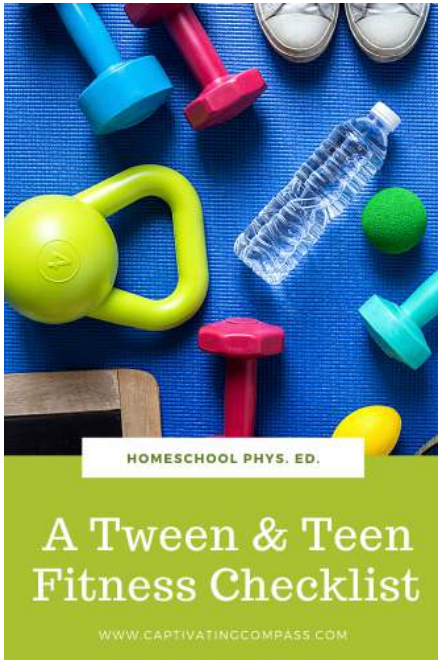


*Get your kids moving
without having to pay for an expensive gym
membership or sports club.*

This free checklist will help your student get off the couch and away from the game console. Find out how easy it is to start a fitness routine at home.

Get Started Below



Tween & Teen Fitness Checklist

Use the following list of tips to help you make the most of your new exercise routine. You may also want to consider these [fitness equipment & gear](#) suggestions.

Terms to Know

- ☐ **Aerobic:** Exercises that include continuous movement like walking, dancing, and swimming.
- ☐ **Calisthenics:** Body movements done without the help of exercise equipment such as lunges, sit-ups, and push-ups.
- ☐ **Cardio:** Exercises that get your heart pumping such as a brisk walk compared to a casual stroll.
- ☐ **Circuit Training:** A series of exercises completed within a set time.
- ☐ **HIIT:** (High-Intensity Interval Training) Repeatedly doing short bursts of high-intensity exercises followed by low-intensity ones or short periods of rest.
- ☐ **Rep:** Short for repetition, it is one complete motion, like one push-up.
- ☐ **Set:** A group of repetitions. For instance, ten push-ups.
- ☐ **Strength Training:** Exercises specifically meant to build strength, muscle size, and endurance.

Gear You May Need

- ☐ A no-sweat water bottle
- ☐ Moisture wicking clothing

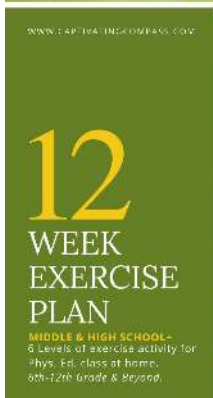
- ☐ Athletic shoes designed for the type of workout you'll be doing
- ☐ At-home gear such as an exercise mat, dumbbells, medicine ball, treadmill, etc.
- ☐ Apps that give you pre-set routines, that track your progress, etc.
- ☐ Things to help soothe sore muscles and heal; anti-inflammatory medication, heating pad, ice pack, a foam roller, Epsom salt, etc.

Getting Started

- ☐ Talk to your doctor to ensure your health is ready for an exercise program.
- ☐ Start with what you love. You'll be more motivated to keep going.
- ☐ Set realistic goals for yourself. You may want to run a marathon but you must first be able to run around the block.
- ☐ Stay hydrated. It's vital to your health.
- ☐ Don't skip the warm-ups and cool-downs. Your muscles will thank you for them.
- ☐ Start small. This might mean cutting out carbonated drinks first. Then add parking at the far end of the parking lots and walk to your destination.
- ☐ Start with just 10 minutes a day 3 -5 days a week. The goal at this point is to create a habit of exercising every scheduled day.
- ☐ Slowly build up to where you'd like to be. If necessary, only do one set of reps, then add more as your body adjusts.
- ☐ If you are too busy or too tired to exercise in the afternoon or evenings, set your alarm clock 20 minutes early so you can get 10 minutes of exercise in before your day starts.
- ☐ Make a plan and stick to it. Choose a time that you can exercise every day or on your scheduled days. If you do it at the same time each time, it will quickly become a habit.

- ☐ Take selfies along the way. This will give you visual reminders of your progress.
- ☐ Make it fun. Nobody sticks with things that are boring.
- ☐ Listen to your body. If you haven't exercised in a long time, you will feel some pain when you first start. However, be mindful of what your body is telling you. Do not overdo it, it will only set you back further.
- ☐ Show yourself some compassion. Don't beat yourself up for not being able to do more or for even being at this point in your unhealthy life. Give yourself a break and know that each day you're working to make yourself a little healthier.
- ☐ Track your progress. Again, use selfies, apps, measurements, and so forth.
- ☐ Don't focus so much on your weight. Instead, measure things like your arm size, waistline, clothing size, and even how you feel. They are better motivators.
- ☐ Anticipate setbacks and plan for how you will handle them. Everyone stumbles but those who get back on track and keep moving forward reach their goals.

It's Time To Get Fit!



**You've got your checklist.
Now you need the tools to set up
your fitness routine.**

*Ensure your teen is getting enough
Health/PE credit to graduate.*

The 12-week exercise plan includes.

- ☐ Fitness class overview & equipment suggestions.
- ☐ How-to videos for all 10 of the exercises are included. Each video demonstrates how to safely do the exercise and gives variations and modifications to tailor make each exercise for fitness successful.
- ☐ A 6-level plan. Each level is a minimum of 2 weeks and includes health class lesson suggestions that are needed for most high school health or PE course.



*Create a fitness routine as
unique as your homeschooler.*

**Get Fit! 12-week exercise routine for your
middle & high school kids.**

This 12-week exercise plan is perfect for middle & high school students.