



## Addressing Physical Wellness

This activity incorporates physical wellness, social wellness, and intellectual wellness. Get up and move while testing your knowledge on fun fitness facts! For each question, students will engage in the specified movement until someone answers the question correctly. Once the question is answered, you can move onto the next movement and question! Good luck and have fun!

### SQUAT PULSES

How many minutes of physical activity is recommended per day for children and adolescents?

### JUMPING JACKS

List 5 health benefits to engaging in physical activity.

### ARM STRETCHES

List 5 health detriments to not engaging in physical activity.

### BUTT KICKERS

List 5 ways you can increase physical activity on a daily basis.

### ARM SWIRLS

How many steps should we get each day to see health benefits?

### HIGH KNEES

What is the name of the hormone that is released when you exercise and makes you feel happy?

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