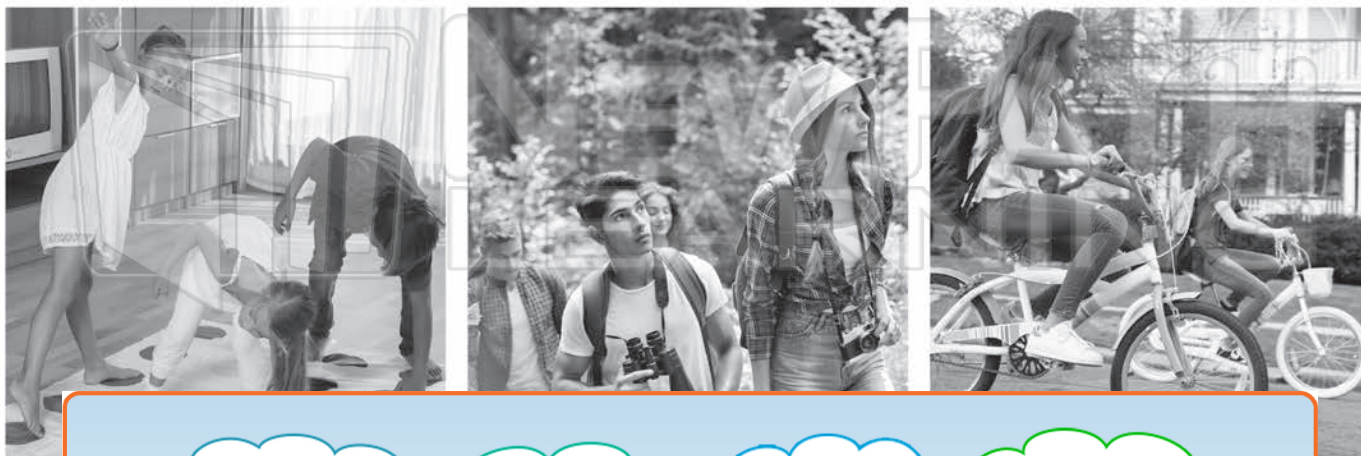




Name _____ Class _____ Date _____

Get Moving!

Aerobic activities are those in which young people rhythmically move their large muscles for a sustained period of time. Running, hopping, skipping, jumping rope, swimming, dancing, and bicycling are all examples of aerobic activities. Aerobic activities increase **cardiorespiratory fitness**. Children often do activities in short bursts, which may not technically be aerobic. However, the Guidelines uses the term aerobic to refer to these types of activities, even if they are done only briefly.

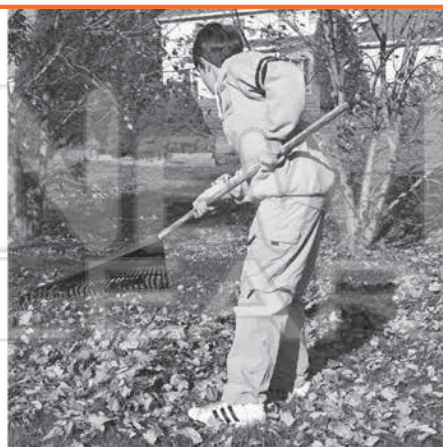


PREVIEW

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Walk the Dog



Help with Chores



Have Fun!

