

# Brain Energizers

Quick & Easy Classroom Physical Activities-  
For Older Kids



**Studies show we can benefit both physically and mentally from physical activity breaks\*:**

- **Helps meet recommended daily physical activity requirements**
- **Reduces sedentary behavior during the day**
- **Helps to improve performance**
- **Improves concentration skills and cognitive performance**
- **Develops lifelong healthy behaviors**

\*Modified from: Active Living research/ Robert Woods Johnson Foundation

# Directions:

This booklet is broken down into weekly exercise routines for the year. Each routine includes five (5) very simple exercises that can be done while standing (blue) in front of your desk or sitting (green) in a chair. Each exercise routine is coupled with a nutrition message. We suggest using these exercises 2-4 times a day when possible.

## Week 1

Repetitions	Activity Break Routine: <u>Standing</u>
10	Tap right toes in front, to the side, then back
10	Tap left toes in front, to the side, then back
10	Touch: toe then knee then overhead
10	Jump while turning around in a circle
10	Knee lifts

### Nutrition Discussion: MyPlate

MyPlate is divided into sections for veggies, fruits, grains, and high-protein foods. It also includes a circle on the side for dairy. Each section varies in color: green for veggies, red for fruits, orange for grains, purple for protein, and blue for dairy. You can visit [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to create an eating plan just for you.

## Week 2

Repetitions	Activity Break Routine: <u>Standing</u>
10	Hands on hips, hop on both feet
10	March in place and punch arms out front
10	Kick your heels up to tap your bottom
10	Hold the squat position, rest and repeat
10	Feet together, hop on one foot and then the other

### Nutrition Discussion: MyPlate

MyPlate shows the five food groups using a familiar mealtime visual, a place setting. The five colored sections represent the five food groups that we should eat each day. Each section varies in size- we need more of the foods with the bigger sections, such as vegetables and grains.

## Week 3

Repetitions	Activity Break Routine: <u>Standing</u>
10	Right leg lift to the side
10	Left leg lift to the side
10	Hands on hips, knee lifts
10	Hands on hips, step right then step left
10	Stand up sit down quickly

### Nutrition Discussion: Grain Group

The orange section on MyPlate represents the Grains Group. Grains come from plants like wheat, corn, rice and oats. They are used to make foods like bread, cereal, rice, pasta, crackers, oatmeal, tortillas and popcorn.

## Week 4

Repetitions	Activity Break Routine: <u>Sitting</u>
10	Hands on hips, criss-cross legs in and out
10	Left leg pointed out, write A-M with big toe
10	Right leg pointed out, write N-Z with big toe
10	Touch opposite elbow to knee
10	Arms forward, criss-cross over and under

### Nutrition Discussion: Grain Group

Grains are an important source of fuel for your body. Whole grains are a better source of fiber and other nutrients. Look for the words “whole grain” on the food label and make half your grains whole.

## Week 5

Repetitions	Activity Break Routine: <u>Standing</u>
10	On tip toes – lift and lower
10	Kick your heels up to tap your bottom
10	Hands together over head, slowly lower and raise
10	Arms out, raise right toes to ceiling, hold and balance
10	Arms out, raise left toes to ceiling, hold and balance

### Nutrition Discussion: Fiber

Fiber is found in plant products such as grains, vegetables and fruit. Fiber works like a scrub brush to keep our digestive system clean and running smoothly.

## Week 6

Repetitions	Activity Break Routine: <u>Sitting</u>
10	Right leg kick forward
10	Left leg kick forward
10	Lift left leg, clap under leg, lower, repeat
10	Lift right leg, clap under leg, lower, repeat
10	Punch arms above shoulders

### Nutrition Discussion: Vegetable Group

The green section on MyPlate represents the Vegetable Group. It's one of the largest sections on the plate. Vegetables provide many vitamins, minerals and fiber needed for good health. It's important to eat a variety of different colored veggies every day.

## Week 7

Repetitions	Activity Break Routine: <u>Standing</u>
10	Alternate: Touch opposite hand to foot
10	Touch: Toe then knee then shoulder
10	Hands on hips, hop on both feet
10	Balance on left foot
10	Balance on right foot

### Nutrition Discussion: Vegetable Group

Vegetables can come in many different forms: fresh, frozen, canned, dried, and 100% vegetable juice. Our taste buds change over time, and sometimes it takes up to 15 times for our taste buds to decide if we like a new food. Make it a goal to try new vegetables!

## Week 8

Repetitions	Activity Break Routine: <u>Sitting</u>
10	Lift right leg and make ankle circles
10	Lift left leg and make ankle circles
10	Lift left leg, clap under leg, repeat with right leg
10	Sit in chair, hold seat and pull knees to chest
10	Raise and lower heels

### Nutrition Discussion: Fruit Group

The red section on MyPlate represents the Fruit Group. Fruits are good sources of vitamins like A and C. Vitamin A helps us see in the dark. Vitamin C helps our cuts to heal and our bodies to recover from a cold and flu faster.

## Week 9

Repetitions	Activity Break Routine: <u>Standing</u>
10	Hands on hips, hop on both feet
10	Hands on hips, squeeze abs then lift left knee then right
10	Kick your heels up to tap your bottom
10	Jump and shake your whole body
10	Feet together, hop on one foot and then the other

### Nutrition Discussion: Fruit Group

Eat a rainbow of different colored fruits. Each color does a different job in our body. When you eat a rainbow of colors you can help your body get all the vitamins and minerals you need.

## Week 10

Repetitions	Activity Break Routine: <u>Sitting</u>
10	Take in a deep breath and slowly blow it out
10	Arms forward, criss-cross over and under
10	Raise and lower heels
10	Stretch and touch left foot with both hands, repeat with right
10	Touch toes, then knees, then overhead

### Nutrition Discussion: Fruit Group

Fruit can come in many forms such as fresh, canned, frozen, dried or 100% fruit juice. Look for a new fruit to try next time you are at the grocery store or farmers' market.

## Week 11

Repetitions	Activity Break Routine: <u>Standing</u>
10	March in place and punch arms out front
10	Hands on hips, step left then right, fast
10	Jump and shake your whole body
10	Arms overhead-move arms far left, then right
10	Bend forward & reach for toes, hold

### Nutrition Discussion: Fruit & Vegetables

Doing something as simple as eating more fruits and vegetables everyday can help reduce your risk of many diseases, including heart disease, high blood pressure, and some cancers.

## Week 12

Repetitions	Activity Break Routine: <u>Sitting</u>
10	Touch toes, then knees, then over head
10	Alternate: Touch left toe with right hand then right toe with left
10	Right leg kick forward
10	Left leg kick forward
10	Hold chair, pull knees to chest

### Nutrition Discussion: Dairy Group

The blue circle on the side of MyPlate represents the Dairy Group. The Dairy Group includes foods such as low-fat milk, cheese and yogurt. It also includes low-fat milk alternatives, such as soy milk. Adults need 2-3 servings of foods within the Dairy Group every day.

## Week 13

Repetitions	Activity Break Routine: <u>Standing</u>
10	March in place and punch arms out front
10	Jump in place
10	Jump while turning around in a circle
10	Jump and shake your whole body
10	Sit on the floor and try to touch your toes

### Nutrition Discussion: Dairy Group

Dairy foods contain a mineral called calcium. Calcium helps to build strong bones and teeth. Remember, adults need 2-3 servings of calcium-rich foods each day.



## Week 14

Repetitions	Activity Break Routine: <u>Standing</u>
10	Hands on hips, hop on both feet
10	Hands behind ears, bend waist and fall forward to knees, return
10	Arms out front, lower and touch backside to heels, return
10	Jog in place
10	Feet together, hop on one foot and then the other

### Nutrition Discussion: Dairy Group

Fat-free milk and 1% milk have all the vitamins and minerals your body needs to build strong bones without the added fat found in 2% or whole milk. Try gradually switching to lower fat milk for better health.

## Week 15

Repetitions	Activity Break Routine: <u>Standing</u>
10	Alternate: touch opposite hand to foot
10	March in place and punch arms out front
10	Hands on hips, touch right toe, lift up, touch left toe
10	Pretend jump rope
10	Arms overhead – move arms far left, then right

### Nutrition Discussion: Protein Group

The purple section on MyPlate represents the Protein Group. The Protein Group contains foods from both plants and animals. Examples include: meat, poultry, fish, dry beans, peas, eggs, nuts, lentils and seeds.

## Week 16

Repetitions	Activity Break Routine: <u>Sitting</u>
10	Touch toes, then knees, then over head
10	Stand up, jump and sit down
10	Opposite elbow-to-knee touch
10	Hands on shoulders, squeeze & touch elbows together
10	Upright posture & hands on shoulders, gently twist at the waist

### Nutrition Discussion: Protein Group

Protein is a nutrient essential for your body to function. This nutrient helps build and repair body tissue, such as muscles and organs. Choose lean or low-fat options and skinless pieces of meat.

## Week 17

Repetitions	Activity Break Routine: <u>Standing</u>
10	Stick your right foot out and shake it
10	Stick your left foot out and shake it
10	Jump and shake your whole body
10	Spread legs, point toes out, lower & lift
10	Stand on tip toes, hold

### Nutrition Discussion: Fat & Oils

An important nutrient also comes from Fats & Oils. Fats & Oils are not a food group but foods we need in small amounts. Examples include nuts, seeds, butter, oils, olives, some fish and avocados.

## Week 18

Repetitions	Activity Break Routine: <u>Standing</u>
10	Run in place
10	Jumping jacks
10	Snap your fingers and march
10	Arms over head, interlace fingers, palms up, lean left then right
10	Feet together, hop on one foot and then the other

### Nutrition Discussion: Discretionary Calories

Discretionary Calories are “sometimes foods”. These foods don't have enough nutrients to fit into the Five Food Groups but are okay to have once in a while but not every day. Examples include soda, candy, cookies, chips, cake and donuts.

## Week 19

Repetitions	Activity Break Routine: <u>Standing</u>
10	March feet and punch arms overhead
10	Alternate: Right elbow to left knee & switch
10	Kick your heels up to tap your bottom
10	Take ten steps in a circle
10	On tip toes, hold

### Nutrition Discussion: Water

Up to 75% of our body is made up of water. Our bodies need water to stay hydrated and work properly. When your body does not have enough water it is called *dehydration*. It is important to drink plenty of water throughout the day.

## Week 20

Repetitions	Activity Break Routine: <u>Sitting</u>
10	Touch toes, then knees, then over head
10	Lift left leg, clap under leg, lower, repeat
10	Lift right leg, clap under leg, lower, repeat
10	March feet and punch arms over head
10	Sit up tall, reach and touch toes

### Nutrition Discussion: Water

To prevent dehydration and heat illness, it is important to drink water before, during and after physical activity. This is especially important during the hot summer months.

## Week 21

Repetitions	Activity Break Routine: <u>Standing</u>
10	Jump while turning around in a circle
10	Run in place
10	Pretend jump rope
10	Kick your heels to tap your bottom
10	Sit on the floor and try to touch your toes

### Nutrition Discussion: Nutrition Facts Labels

Think of Nutrition Facts labels like the table of contents of a book. It tells you what's inside the food you are eating. It's important to read it before you eat it so you know the nutritional value of the food.

## Week 22

Repetitions	Activity Break Routine: <u>Standing</u>
10	March in place and punch arms out front
10	Jump in place
10	Kick your heels up to tap your bottom
10	Jump and shake your whole body
10	Feet together, hop on one foot and then the other

### Nutrition Discussion: Calories

A calorie is a measure of how much energy is stored in a food. It tells us how much energy your body could get from eating the food. The amount of calories in a food is listed on the food label.

## Week 23

Repetitions	Activity Break Routine: <u>Standing</u>
10	Hands on hips, step right then step left
10	Left foot flexed, lift and lower leg
10	Right foot flexed, lift and lower leg
10	Squat as if sitting in a chair, hold
10	Bend, reach for your toes, hold

### Nutrition Discussion: Food Label Ingredients

Ingredients are listed from the largest amount to the least amount by weight. When something is listed first, second, or third, you know that this food probably contains a lot of it. The food will contain smaller amounts of the ingredients mentioned at the end of the list.

## Week 24

Repetitions	Activity Break Routine: <u>Sitting</u>
10	Punch arms up above shoulders
10	Right leg kick forward
10	Left leg kick forward
10	Hands on hips, gently bend side-to-side
10	Hands on shoulders, squeeze & touch elbows together

### Nutrition Discussion: Sugary Drinks

Drinks high in sugar, such as soda, energy drinks, and sports drinks should be limited. These drinks contain little to no nutritional value. Instead include such drinks as water, 100% fruit juice, and low-fat milk- all choices that are very nutrient rich.

## Week 25

Repetitions	Activity Break Routine: <u>Standing</u>
10	Alternate: Right elbow to left knee & switch
10	Hands on hips, step left then step right, fast
10	Stand up sit down, fast
10	Squat as if sitting in a chair, hold
10	Feet together, hop side-to-side

### Nutrition Discussion: Balancing Food & Activity

Balance good food choices using MyPlate with regular physical activity of 30 minutes or more a day. Activity helps you to maintain a healthy weight and feel good.

## Week 26

Repetitions	Activity Break Routine: <u>Standing</u>
10	Touch your head, shoulders, knees & toes.
10	Hands on hips, left leg knee lifts
10	Hands on hips, right leg knee lifts
10	Hand on hips, feet together, hop side to side
10	Hands on hips, lunge alternate left and right

### Nutrition Discussion: MyPlate

No one food group is more important than the other. We need ALL the food groups in different amounts to build a healthy body. Don't forget to go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to create a personalized eating plan just for you.

## Week 27

Repetitions	Activity Break Routine: <u>Standing</u>
10	Jumping jacks
10	Upper body twists - stand with feet apart, elbows up and twist
10	Windmills - touch opposite hand to opposite foot
10	Jog or run in place
10	Forward arm circles then reverse for another set

### Nutrition Discussion: Vitamin A

Vitamin A is good for eyesight, especially night vision. It is also good for our skin. High sources of Vitamin A include orange and red veggies- carrots, red bell peppers, and sweet potatoes.

## Week 28

Repetitions	Activity Break Routine: <u>Sitting</u>
10	Alternate, lift leg and clap underneath
10	March feet and punch arms overhead
10	Alternate: Touch left toe w/right hand then right toe w/left without bending your legs
10	Hands on hips, criss-cross legs in and out
10	Arms out from sides: Make giant circles, reverse & make small circles.

Nutrition Discussion: Vitamin B1- Thiamine  
Thiamine is used by the body to properly digest carbohydrates. It is found in pork and whole grains.

## Week 29

Repetitions	Activity Break Routine: <u>Standing</u>
10	Elbows out and shoulder high, lift left then right knee to elbow
10	Squat and explode up in the air
10	March and punch arms forward
10	Hands over head, balance on left foot, then switch to right
10	Turn to your left and wave, turn to your right and wave

Nutrition Discussion: Vitamin B2- Riboflavin  
Riboflavin is important for energy metabolism and metabolism of some nutrients. Dairy products and leafy veggies are a good source of the nutrient. Fun fact: it is destroyed by light. This is why milk jugs are an opaque plastic.



## Week 30

Repetitions	Activity Break Routine: <u>Sitting</u>
10	Take in a deep breath and slowly blow it out
10	Arm circles forward
10	Arm circles backward
10	Seated in chair make right ankle circles
10	Seated in chair make left ankle circles

### Nutrition Discussion: Vitamin B3- Niacin

Helps the digestive tract, skin, and nerves to function. It is also used in the breakdown of food to energy. It may also help improve cholesterol levels. Niacin can be found in dairy products, eggs, enriched grains, and lean meats.

## Week 31

Repetitions	Activity Break Routine: <u>Standing</u>
10	Hands on hips, hop on both feet
10	Hands on hips, squeeze abs then lift left knee then right
10	Stand up sit down, fast
10	Squat as if sitting in a chair, hold
10	Feet together, hop side-to-side

### Nutrition Discussion: Vitamin B5- Pantothenic Acid

Pantothenic acid is used in fat, carbohydrate, and protein metabolism. It is also important for healthy skin. Vitamin B5 is widely found in a variety of foods.

## Week 32

Repetitions	Activity Break Routine: <u>Standing</u>
10	Hold onto back of chair and lift right leg straight out to side
10	Hold onto back of chair and lift left leg straight out to side
10	Hold onto back of chair and squat
10	Hold onto back of chair and pliè
10	Take a step to the right. Hands up and bend forward to touch toes.

### Nutrition Discussion: Vitamin B6- Pyridoxine

Used in food digestion, production of red blood cells, and proper functioning of nerves. Vitamin B6 can be found in grains, legumes, dairy, and eggs.

## Week 33

Repetitions	Activity Break Routine: <u>Sitting</u>
10	Hands on hips, criss-cross legs in and out
10	March your feet
10	Touch toes, then knees, then over head
10	Sit up tall, arms out to sides, use arms & make small circles
10	Hold chair, pull knees to chest

### Nutrition Discussion: Vitamin B7- Biotin

This vitamin is helpful for skin, nerves, digestive tract, and metabolism. Many foods have some biotin, but few foods have large amounts. Some of the best sources include eggs, Swiss chard, and greens.

## Week 34

Repetitions	Activity Break Routine: <u>Standing</u>
10	Trunk Twists: Twist body at waist while feet remain in place on floor
10	Toe Touches: Bend over and touch left and right foot alternating
10	Jog in place
10	Jumping Jacks
10	Touch the Sky: Stand on tiptoes and raise arms as high as you can

### Nutrition Discussion: Vitamin B9- Folic Acid

This nutrient is particularly important for a developing fetus in the womb. It helps with spinal development. Good sources include enriched grains and green leafy vegetables.

## Week 35

Repetitions	Activity Break Routine: <u>Standing</u>
10	Hands on hips, criss-cross legs in and out
10	Stand up, jump and sit down
10	March your feet
10	Arms extended straight out, palms down, criss-cross arms
10	Hold onto chair and bicycle your legs

### Nutrition Discussion: Vitamin B12- Cobalamin

Vitamin B12 helps with red blood cell production and maintaining a healthy nervous system. Good sources of this vitamin include all animal products- meats, fish, dairy, eggs.

## Week 36

Repetitions	Activity Break Routine: <u>Standing</u>
10	Rowing: Move arms front to back as if rowing a boat
10	Punches: Punch left arm across body to right then right across left
10	Squat
10	Feet apart
10	Sit on floor

### Nutrition Discussion: Vitamin C

Vitamin C is used in maintaining skin and gums and a healthy immune system. Good sources of Vitamin C include citrus fruits, bell peppers, broccoli, and strawberries.

## Week 37

Repetitions	Activity Break Routine: <u>Standing</u>
10	Raise right hand
10	Raise left hand
10	Squat and come up to tap left elbow to right knee
10	Squat and come up to tap right elbow to left knee
10	Reach hands behind back, clasp hands and gently lift up

### Nutrition Discussion: Vitamin D

Vitamin D helps the body absorb calcium. Good sources of Vitamin D include fortified milk, some dairy products, and orange juice. Your body can also create Vitamin D with exposure to sunlight!

## Week 38

Repetitions	Activity Break Routine: <u>Sitting</u>
10	Take a big breath in and slowly blow it out
10	Touch, toes, then knees, then overhead
10	Use right leg only, stand up, sit down
10	Use left leg only, stand up, sit down
10	Sit in chair, hold seat and pull knees to chest

### Nutrition Discussion: Vitamin E

Vitamin E is an antioxidant that protects the body from free radicals that can damage cells. It is also important in the formation of red blood cells.

Good dietary sources include vegetable oils, nuts, and seeds.

## Week 39

Repetitions	Activity Break Routine: <u>Standing</u>
10	Hand on hips, squeeze abs, raise right knee to chest, then left
10	Palms together, lift hands over head, breath in, release & reach toes
10	Reach right arm up and kick left heel to tap right buttock
10	Reach left arm up and kick right heel to tap left buttock
10	Hold the squat position, rest and repeat

### Nutrition Discussion: Vitamin K

This nutrient helps in the blood clotting process and is important for bone health. Good sources include green leafy vegetables.

## Week 40

Repetitions	Activity Break Routine: <u>Standing</u>
10	Hands on hips, hop on both feet
10	Hands on hips, squeeze abs then lift left knee then right
10	Kick your heels up to tap your bottom
10	Jump and shake your whole body
10	Feet together, hop on one foot and then the other

### Nutrition Discussion: Calcium

Calcium helps build strong bones. It is also involved in muscle health. Good sources of calcium include dairy products and fortified drinks such as soy, almond and rice milks as well as fortified orange juice.

## Week 41

Repetitions	Activity Break Routine: <u>Standing</u>
10	In half squat, kick left then right foot forward
10	Yoga Tree. Hands over head, sole of foot resting on other leg's thigh.
10	Squat Taps. Lower to tap elbows to knees.
10	Jump and shake your whole body
10	Flap arms up and down on the sides of your body

### Nutrition Discussion: Zinc

Zinc plays a role in many body functions including wound healing and a healthy immune system.

Good dietary sources include beans, nuts, seeds, and whole grains.

## Week 42

Repetitions	Activity Break Routine: <u>Standing</u>
10	Raise the Roof: Gentle bounce while pumping palms to sky
10	Touch knees, then waist and squeeze abs, then toss arms over head
10	Hands behind ears, standing crunch, squeeze and pulse abs
10	Shuffle feet and punch hands forward
10	Calf Raises - rise up on tiptoes & lower slowly

### Nutrition Discussion: Iron

Iron is important in transportation of oxygen throughout the body and is used in many other cell functions. Good sources of this mineral include red meat, beans, and green leafy vegetables.

## Week 43

Repetitions	Activity Break Routine: <u>Sitting</u>
10	Take in a deep breath and slowly blow it out
10	Arm circles forward
10	Arm circles backward
10	Seated in chair make right ankle circles
10	Seated in chair make left ankle circles

### Nutrition Discussion: Potassium

This mineral is important for nerve and muscle communication. It also helps offset the harmful effects of sodium. Good dietary sources include bananas, tomatoes, and potatoes.

## Week 44

Repetitions	Activity Break Routine: <u>Standing</u>
10	March feet and roll your shoulders forward then backwards
10	Jump while turning around in a circle
10	Step right & tap left foot, step left & tap right foot
10	Arms out, raise right toes to ceiling, hold and balance
10	Arms out, raise left toes to ceiling, hold and balance

### Nutrition Discussion: Phosphorus

Phosphorus helps in the formation of bones and teeth. Good dietary sources of this mineral are dairy products and meats.

## Week 45

Repetitions	Activity Break Routine: <u>Standing</u>
10	Gentle bounce while pulsing right arm up over left shoulder
10	Gentle bounce while pulsing left arm up over right shoulder
10	Touch knees, then waist and toss arms over head
10	Jog and pretend to juggle
10	Move your arms in a punching motion

### Nutrition Discussion: Magnesium

This mineral is important in the contraction and relaxation of muscles. Good sources include fruits, vegetables, nuts, and seeds.



## Week 46

Repetitions	Activity Break Routine: <u>Standing</u>
10	Arm circles forward and backward
10	Alternate: Touch opposite elbow to opposite knee
10	Jumping jacks
10	Skip in place
10	Jog in place

### Nutrition Discussion: Sodium

This mineral is important for nerve and muscle function. It is also important for fluid balance. Many people consume too much sodium in their diet. Foods high in sodium include canned goods, prepackaged meals, and snack foods.

## Week 47

Repetitions	Activity Break Routine: <u>Seated</u>
10	Hold onto chair seat, raise knees to chest and lower
10	Sit up tall, crunch to right and touch chair leg, lift & repeat
10	Sit up tall, crunch to left and touch chair leg, lift & repeat
10	Arms over head, interlock fingers, bend forward to floor, hold
10	Punch arms above shoulders

### Nutrition Discussion: Fluoride

This mineral helps prevent tooth decay. It is naturally found in water, but additional amounts are often added to the water supply.

## Week 48

Repetitions	Activity Break Routine: <u>Standing with a Ball</u>
10	Hold ball in both hands, arms out in front, lower and lift
10	Touch ball to left toes, lift up, touch ball to right toes
10	Spread legs and weave ball in and out of legs in circle 8
10	Ball over head, touch forehead, stomach and floor, lift up
10	Ball over head, elbows close to ears, slightly lean left then right

### Nutrition Discussion: Iodine

Iodine is useful for proper thyroid function and production of thyroid hormones. Iodine is most often consumed as iodized salt and in seafood.

## Week 49

Repetitions	Activity Break Routine: <u>Seated</u>
10	Sit on edge of chair and make jumping jacks motion
10	Stand up from chair using only your left foot
10	Stand up from chair using only your right foot
10	Tighten abs and touch opposite elbow to knee
10	Sit up tall, lace fingers together over head & straighten elbows

### Nutrition Discussion: Phytonutrients

Natural chemicals found in plant based foods that protect your body from diseases and help it work properly. They are found in fruits, veggies, whole grains, and any other plant.

## Week 50

Repetitions	Activity Break Routine: <u>Standing</u>
10	Elbows out and shoulder high, alternate knee lifts to elbows
10	Bounce knees and punch elbows to the sky
10	Hands on hips, kick left foot forward then right
10	Hands on hips, balance on left foot
10	Hands on hips, balance on right foot

### Nutrition Discussion: Lycopene

An antioxidant and a carotenoid that gives many fruits and vegetables their red color- especially tomatoes and watermelon.

## Week 51

Repetitions	Activity Break Routine: <u>Seated</u>
10	Pretend to row
10	Pretend you are doing the back stroke
10	Hands in fists facing each other, circle fists and march feet
10	Clap hands by left shoulder, then right, then by right knee, then left
10	Toes on floor and pointed out, lift and lower heels

### Nutrition Discussion: Resveratrol

Resveratrol acts as an antioxidant and anti-inflammatory in the body. Good sources include grapes, grape juice, and wine.

# Week 52

Repetitions	Activity Break Routine: <u>Standing</u>
10	Elbows level with shoulders, tap left knee to left elbow, now right
10	Legs apart, lower, gently bounce & "raise the roof" with hands
10	Jog and pretend to juggle
10	Bell Jumps - hop forward & back on the balls of your feet
10	Bend over, touch toes and then reach up high on tip toes

## Nutrition Discussion: Lutein

Lutein is related to Vitamin A and beta-carotene. Good sources include green and orange fruits and vegetables.



For more information or resources, please contact Maricopa County Department of Public Health Office of Nutrition Services:

Email: [nutrition@mail.maricopa.gov](mailto:nutrition@mail.maricopa.gov)

Phone: 602.506.9333; Choose option “3” then option “2”

Online: [www.eatwellmaricopa.com](http://www.eatwellmaricopa.com)

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