

SUPERHERO



POWER PLANS

MISSION

Mission Objective



- ✓ Heroes don't just sit—they MOVE! Every bit of exercise you do makes you stronger and happier. Try 60 minutes of superhero action each day. The screen can wait—let your muscles play!

STEPS

Super Instructions

- ✓ To get super moves, you must work out 60 minutes a day! That includes, but isn't limited to the activities listed below. These exercises help your heart, muscles, and bones turn super!

15 MIN

Cardio Activities

- ✓ Walking, jogging, or running
- ✓ Riding a bicycle
- ✓ Jumping Rope
- ✓ Dancing

15 MIN

Muscle-strengthening Activities

- ✓ Pushups
- ✓ Squats
- ✓ Climbing
- ✓ Sit-ups

15 MIN

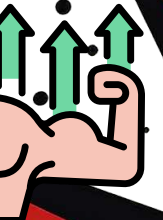
Bone-strengthening Activities

- ✓ Jumping
- ✓ Walking, jogging, or running
- ✓ Sports (like basketball or baseball)
- ✓ Jumping jacks

15 MIN

Stretching

- ✓ Touch your toes while standing
- ✓ Kneel and do lunges
- ✓ Sit down and do butterflies
- ✓ Stand like a star shape



SUPERHERO



POWER ARTS



MISSION

Mission Objective



- ✓ Heroes need time to relax after having superhero action. There is some relaxing superhero art that needs colored for it to be hung up in the superhero base!

STEPS

Super Instructions

- ✓ Color the drawing here to earn your Power Hero Badge! Good luck superhero!

