

Hello Zapata Students and Families!

We hope you are all happy and healthy! We are here to support you in any way possible so feel free to contact us with any questions, problems, or concerns. We encourage your student(s) and family members to try some of the exercises and or exercise videos and make them part of your routine. Try and find ways to move making it fun, challenging, new, and part of your life. ALL students are encouraged to exercise and move daily for at least 1 hour a day. Please utilize any of the activities or workout videos provided on the pages below. Most of the physical activities should be aerobic, where the heart rate is increased for a significant and continuous period of time. Examples of aerobic activities are running, walking, soccer, swimming, tennis, dancing, and jumping rope. Muscle and bone strengthening, especially upper body strength for Zapata students, should be included at least 3 days a week. Children naturally build strong bones and muscles when they run, jump, explore, and play. Thanks again and keep moving!

Fondly,

Mr. Holt and Mr. Flores

Hola estudiantes y familias de Zapata,

Esperamos que esten bien y saludables! Estamos aquí para apoyarlos en cualquier manera que sea posible, no tema en contactarnos con preguntas o problemas o algún otro caso que necesiten de nosotros. Recomendamos y apoyamos que estudiantes y familias a lo igual prueben los ejercicios y videos disponibles para que se conviertan en parte de su rutina diaria. Es importante que mantengan maneras de ser móvil en una forma divertida, desafiante, nueva, y partes de sus vidas. Se les anima a todos los estudiantes que hagan ejercicio y movimientos diarios por lo menos de una hora al día. Pueden utilizar cualquier actividad o video que les proveemos en las páginas siguientes para mantener actividad física durante sus semanas. Muchas de las actividades necesitan ser aeróbicas, elevando el ritmo cardiaco por un tiempo significado para mantener el cuerpo activo, estable y saludable. Estas clases de actividades aeróbicas pueden incluir correr, caminar, fútbol, natación, tenis, bailar, o saltar cuerda etc. Fortalecimiento muscular, especialmente partes superiores del cuerpo deberían ser incluidas por lo menos tres días a la semana. Naturalment niños fortalecen músculos y huesos cuando hacen actividades aeróbicas y cuando toman tiempo para explorar con movimiento. Muchas gracias y esperamos que se mantengan en movimiento!

Sinceramente,

Mr. Holt y Mr. Flores

You Tube Or other videos.

-https://www.youtube.com/watch?v=L_A_HjHZxfI

-<https://www.youtube.com/watch?v=lc1Ag9m7XQo>

-<https://www.youtube.com/watch?v=dhCM0C6GnrY>

-<https://www.youtube.com/watch?v=q20pLhdoEoY>

-<https://www.youtube.com/watch?v=7xCAEbKDNi4>

-<https://www.youtube.com/watch?v=SNX0hwKT5DM>

-<https://www.youtube.com/watch?v=1BZM2Vre5oc>

-<https://www.youtube.com/watch?v=rt1bsoOukjI>

-<https://www.youtube.com/watch?v=Rv7-obkdiTs>

-<https://www.youtube.com/watch?v=6tTySC7ZXgA>

WHY SHOULD I EXERCISE?

**MY STAMINA
IS
INCREASED**



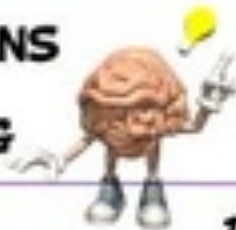
**I SLEEP
BETTER**



**It makes me feel
Fit and Healthy**



**IT SHARPENS
MY
THINKING**



**MY BODY GETS
LEANER**



**IT GIVES
ME MORE ENERGY**



**MY MUSCLES AND BONES
GET STRONGER**



**IT HELPS
ME TO
RELAX**



**IT RELIEVES
STRESS
IN MY LIFE**



MY HEART BECOMES MORE EFFICIENT

WHAT HAPPENS TO MY BODY DURING EXERCISE?

MY HEART BEATS
FASTER



I BEGIN
TO SWEAT



I GET THIRSTY

MY BODY
TEMP
INCREASES



My brain
produces
endorphins



I BREATHE HARDER

BLOOD FLOW
INCREASES



To my Brain



To my Muscles



INCREASE IN
PRESSURE
TO MY BONES

I get a
tired feeling



It gets difficult to talk

HOW SHOULD I PREPARE TO EXERCISE?



**HAVE
A PLAN**



**Hydrate
Your Body**



**"FUEL UP"
WITH A HEALTHY SNACK**



**BRING
A POSITIVE ATTITUDE**



**GET MUSIC
PREPARED FOR
MOTIVATION**



**PUT ON
ATHLETIC
SHOES**



**WEAR CLOTHING THAT
WILL ALLOW YOU TO MOVE**

**WARM UP
YOUR
BODY**



**HAVE THE CORRECT
EQUIPMENT
READY TO GO**



**VISUALIZE YOUR
FUTURE RESULTS**



Top 10 Flexibility Exercises



SIT AND REACH

TOE TOUCHES



BUTTERFLIES



STRADDLE STRETCHES



LUNGES



CALF STRETCH



HAMSTRING STRETCH

TRUNK LIFT



QUAD STRETCHES

HAMSTRING STRETCH

Arm Rotations



Top 10 Muscular Strength Exercises

DIPS



SIT UPS



PUSH UPS



POWER KICKS



SHOULDER PRESSES



VERTICAL JUMPS



SQUAT JUMPS



LUNGES



STANDING SQUATS



PULL UPS



SQUATS

Top 10 Muscular Endurance Exercises



CLIMBING WALL



CRAB PUSH UPS



BURPEES



CURL UPS



PLANK

V SIT



BRIDGE

LEG RAISES



WALL PUSH UPS



WALL SIT



FLEXED

ARM HANG

Top 10 Cardiovascular Endurance Exercises

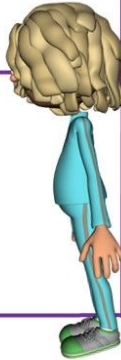


**CRISSCROSS
JUMPS**



**FROG
JUMPS**

**SUPERBALL
BOUNCE**



**BOXER
BOUNCES**



**RUN IN
PLACE**



**High
Knee
March**



**JUMP
ROPE**



**JUMPING
JACKS**

**Scissor
Steps**



**MOUNTAIN
CLIMBERS**





24 YOGA POSES

for BEGINNERS



CHATURANGA



COBRA



DOWNWARD
FACING DOG



CAT



COW



LOCUST



BOAT



CHAIR



CORPSE



SEATED
FORWARD BEND



STANDING
FORWARD BEND



STANDING
FORWARD FOLD



UPWARD BOW



EXTENDED
SIDE ANGLE



TREE I



TREE II



EASY POSE



UPWARD HAND



SHOULDER STAND



WARRIOR I



WARRIOR II



EXTENDED
HAND TO TOE



HEADSTAND
SUPPORTED



HEADSTAND



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The secret to living well and longer is:
Eat half, Walk double, Laugh triple and
LOVE without measure.

-Tibetan Proverb

