

FITNESS HOMEWORK – Get off the Couch!

Did you know????

- Kids and teens ages 8-18 spend an average of 4 hours a day in front of some type of screen media (T.V., DVDs, Computer, etc.) Not counting school work.
- The more T.V. you watch the more likely you are to snack.
 - The average person consumes almost 200 extra calories for every hour of T.V. watched!
- Advertisers use kid/teen programming to promote fast food restaurants and many other extremely unhealthy foods. (Which makes you more likely to want them)
- Too much television takes away from valuable physical activity time, which over time will get you into a lazy routine and you will never want to workout!

On average how much television do you watch per day? _____ (Be honest)

Why do you think a lot of teenagers spend so much time watching television of in front of the computer? Explain your answer.

Here is an idea to get both, T.V. and Exercise – **The Couch Potato Workout**

Here is what you do:

1. Choose a show
2. Watch it
3. During each commercial break do an exercise (there will be at least 3)

Here is your workout:

DO as many reps as you can during the commercials for each exercise

Commercial #1 – Incline Push Ups (*feet on the couch, hands on the floor*)

Commercial #2 – Regular Push Ups

Commercial #3 – Decline Push Ups (*hands on the couch, feet on the floor*)

Commercial #4 – Curl ups

Commercial #5 – Sit ups (*Chest touches your knees*)

Commercial #6 – Chair Dips (*hands on the edge, dip down until you but almost touches the floor and back up*)

Repeat

DO this work out 3 times on 3 different days – Check off each day and write in your reps

<p>Day 1</p> <div style="border: 1px solid black; width: 40px; height: 40px; margin-bottom: 5px;"></div> <p>Incline PU _____</p> <p>Decline PU _____</p> <p>Regular PU _____</p> <p>Regular CU _____</p> <p>Regular SU _____</p> <p>Dips _____</p>	<p>Day 2</p> <div style="border: 1px solid black; width: 40px; height: 40px; margin-bottom: 5px;"></div> <p>Incline PU _____</p> <p>Decline PU _____</p> <p>Regular PU _____</p> <p>Regular CU _____</p> <p>Incline PU _____</p> <p>Dips _____</p>	<p>Day 3</p> <div style="border: 1px solid black; width: 40px; height: 40px; margin-bottom: 5px;"></div> <p>Incline PU _____</p> <p>Decline PU _____</p> <p>Regular PU _____</p> <p>Regular CU _____</p> <p>Incline PU _____</p> <p>Dips _____</p>
---	---	---

Parent Signature(Required): _____

I participated with my child: Yes _____ (.5 extra credit) No _____