

Module 1- Aerobic Capacity

February 18 - March 3

Aerobic activities are those in which young people rhythmically move their large muscles for a sustained period of time.

Purpose: Aerobic activities increase cardiorespiratory fitness. (your ability to continue doing an activity)

Physical Activity Guideline: Most of the 60 minutes or more per day should be either moderate - or vigorous - intensity aerobic physical activity and should include vigorous - intensity physical activity on at least 3 days a week.

To do: Try 5 different activities listed in the module below. Each activity should be done for at least 15 minutes!

Always do a dynamic [Warm Up](#) before exercise and a static [Cool Down](#) after exercise to avoid injury.

Moderate Intensity

Moderate intensity aerobic activity should be done for 60 minutes each day and is when you show effort in an activity but can continue without taking a break.

1. Brisk Walk

What you will need: Warm Clothes for outside walking
Treadmill

2. Bike Riding

What you will need: A bike and warm clothes to ride in

3. Pokemon Go Workout

[Pokemon Go Overview](#)

What you will need: GPS enabled phone or tablet
Safe area to play the game

4. At Home Cleaning Activities

[Step by step at home activities](#)

What you will need: Vacuum, Broom, Sponge

5. Throw & Catch (football, tennis ball, baseball)

[Click Here For More Catching!](#)

What you will need: Open Wall Space

Soft Ball

Partner or wall to throw & catch

Vigorous Intensity

Vigorous intensity aerobic activity should be done at least 3 days a week and is when you use a large amount of effort that is hard to keep doing after time.

1. Go For a Run

What you will need: Running Shoes

Appropriate clothing for the weather

Stopwatch or timer

Safe area to run around

2. Jump Rope Workout

[Jump Rope Activity](#)

What you will need: Jump Rope

Tablet/Computer for video

3. High Intensity Interval Training (HIIT)

[Click Here For 30 Minute HIIT Workout!](#)

What you will need: Tablet/Computer for video

Open space

Exercise Mat (not required)

4. Dance

[Click Here For a Dance Walkthrough!](#)

What you will need: Tablet/Computer for video

Open space

5. Video Workout

[Fun Video Workout!](#)

What you will need: Tablet/Computer for video

6. Snow Shoveling

[How hard does shoveling make you work?](#)

What you will need: Warm Clothing and boots

Snow shovel