



Physical Activity



GUIDE

PHYSICAL ACTIVITY GUIDE

What It's All About:

The Girls on the Run Physical Activity Guide is made to get you moving and active as you explore different topics to fuel your mind, body, and spirit. The movements each week are for girls of all abilities. We have options to make sure everybody can get moving! We know it's important for you to move at least 60 minutes a day – and in all sorts of ways – to strengthen your heart, muscles and bones. Over the next 8 weeks, you'll move your whole body and have fun doing it as you complete the activities and heart missions in this guide!

How It Works:

- Each day of the week is designed to get you moving in a different way. Take a look at the rockin' schedule below to see what you're in for!
- Throughout the week, you'll complete Heart Missions to fuel your mind and spirit as you move your body!
- The exercises get more challenging as the weeks build. You'll grow stronger and more powerful as you move through the guide!
- Finally, you'll want to check out the Key Moves at the end of the guide to learn new moves as you go!
- At the end of the 8 weeks, you'll see how far you've come by completing a BINGO card!

Weekly Movement Calendar:

Move It Monday	Totally Rad Tuesday	Super Power Wednesday	Go Bananas Thursday	Fun-Tastic Friday	Stretch It Saturday
Time to get moving and strengthen our hearts!	Time to focus on your Super Star Power - your strength!	How long can you hold that pose? Time to strengthen those muscles.	We are going to keep moving today, but it's going to be a little wacky! Get ready to Go Bananas!	Now it's time to put it all together and mix our movements up.	Thank your muscles for working hard this week with a relaxing stretch.

**Now that you know how to get started,
let's get moving!!**

GIRLS ON THE RUN



PRINT
this page!



As you get moving, you can use this tracker to mark your progress! Use the key to color in your tracker and record your progress along the way!

























Watch your tracker fill up as you get moving!



	Move It Monday	Totally Rad Tuesday	Super Power Wednesday
Week 1			
Week 2			
Week 3			
Week 4			
Week 5			
Week 6			
Week 7			
Week 8			

KEY:

	Color in the Shoe after you complete the movements for that day!
	Color in each Heart around your tracker as you complete each Heart Mission.

Go Bananas Thursday	Fun-Tastic Friday	Stretch It Saturday
		
		
		
		
		
		
		
		



WEEK 1

Lace Up & Get Moving: Let's celebrate what brings us together and what makes us unique!

Move It Monday:

Pick 4 of your favorite songs, start the music and sing along as you move and dance!

Totally Rad Tuesday:

Roll a die to see how many times to do each move!

- Knee Lifts or Ski Arms
- Push-ups
- Side Lunge or Push
- Squat or SuperWoman
- Bicycle Legs or Single Arm Raises

Repeat 4X

Super Power Wednesday:

Time to go to your happy pace! Put on your favorite tunes and move for 15-20 minutes! You can walk, run, push, roll or use an assistive device – whatever gets you moving!

While you rest, think about your favorite ways to bring people together!

Go Bananas Thursday:

Keep your body moving while you are doing ordinary stuff today! While watching TV or reading a book, try to make big and small circles with your legs and/or arms.

Fun-Tastic Friday:

Make your own Movement Mix!

- Choose 3 movements from this week.
- Add a move you make up!
- Put all 4 moves together.

Repeat 4X

Stretch It Saturday:

Time to reward your muscles for working hard by stretching!

- 10 sec. Cat/Cow
- 10 sec. Downward Dog
- 10 sec. Child's Pose
- 10 sec. Butterfly Stretch

Repeat 2X

Create a move that is uniquely you! For example, you could gallop like a horse if you love horses.

WEEK 2

Lace Up & Get Moving: As we move this week, we are going to practice gratitude, or being thankful!

Move It Monday:

Pick 6 songs (3 SLOW and 3 FASTER songs)! Then, dance it out! Move slower with the slow songs and pick up the pace for the faster songs.

Choose songs that make you feel powerful! Thank your body for all it does as you dance!

Totally Rad Tuesday:

Play "Hold It." Sing the alphabet song in fun voices while holding the following movements for as long as you can.

- Plank
- Move Like a Flamingo
- Arm Circles
- Lunge or Push
- Squat or SuperWoman

Repeat 2X

Super Power Wednesday:

Let's Jump! Grab a buddy and take turns jumping rope or doing jump rope arms! When you aren't jumping, dance!

Go Bananas Thursday:

See where you can help around the house. Cleaning is a way to keep moving even on your rest day!

As you clean, use sticky notes to write thank you notes to yourself and your family and place them around your home!

Fun-Tastic Friday:

Make your own Movement Mix!

- Write down the numbers 1-10 on a piece of paper.
- Choose your favorite movements and write them next to the numbers.
- Do the movement written next to number 1, one time. Continue until you get to 10!

Stretch It Saturday:

- 10 sec. Stomach Twists
- 10 sec. Seated Forward Fold
- 10 sec. Child's Pose
- 10 sec. Butterfly Stretch
- 10 sec. Downward Dog

Repeat 2X

WEEK 3

Lace Up & Get Moving: Let's think about how we can make connections and show people we care about them through our words and actions!

Move It Monday:

Make up your own dance! Take 5 moves, add some claps and stomps and try to come up with a fun dance. How many dances can you make? Play at least 4-6 songs as you make up your dances!



Teach your favorite dance to someone else and make that connection!

Totally Rad Tuesday:

How old are you? Do the following movements that many times.

- Jacks
- Push-Ups
- Squat or SuperWoman
- Lunge or Push
- Ab Twists

Repeat 2X

Super Power Wednesday:

How many circles can you make? Do each move and count your circles as you go!

- 45 sec. Big Arm Circles
- 45 sec. Small Arm Circles
- 45 sec. Knee Lift or Ski Arm Circles
- 45 sec. Circle Crunches

Repeat 2X

Go Bananas Thursday:

Get outside! Play your favorite movement game (hopscotch, jumping rope, moving around your block).



Use your time outside to show someone you care by waving to a neighbor or phoning a friend!

Fun-Tastic Friday:

Name it! Write your name and do each movement that matches with each letter in your name 10-12 times. Look at the bottom of page 13 to see which movements to do with each letter of your name!!

Repeat 2X

Stretch It Saturday:

- 15 sec. Cat/Cow
- 15 sec. Runner's Lunge or Seated Straddle
- 15 sec. Stomach Twist
- 15 sec. Butterfly Stretch
- 15 sec. Shoulder Rolls
- 15 sec. Seated Forward Fold

Repeat 3X

WEEK 4

Lace Up & Get Moving: As we move this week, we will think about our values! Values are characteristics, like honesty or joy, that are important to us.

Move It Monday:

Think about 4-6 sports. Imagine you're making someone guess the sport you are doing as you dance to your favorite songs. Choose a different song for each sport.

Totally Rad Tuesday:

Do the following movements with sliders (paper plates/soft socks) under your feet or hands 10-12 times.

- Dance Moves!
- Push-up or Overhead Clap
- Downward Dog
- Lunge or Push

Repeat 2X

Super Power Wednesday:

- Write down 5 of your favorite movements
- For each movement, add an extra challenge. Maybe you dance longer or do the movement more times.
- Do all 5 moves!

Repeat 2X

Between each move, pause and shout out one of your values!

Go Bananas Thursday:

Build yourself a fort with a grown-up's permission. Brainstorm your ideas, gather supplies, then get to work!

Fun-Tastic Friday:

Go through a deck of cards or Uno. For each card, do the movement listed beside the color or suit!

- Spades/Blue: Do 5 jacks
- Clover/Yellow: Go for a quick run, roll or push!
- Heart/Red: Dance & Sing your favorite song!
- Diamond/Green: Strike a pose and say a cheer!

Stretch It Saturday:

- 15 sec. Seated Forward Fold
- 15 sec. Child's Pose
- 15 sec. Downward Dog
- 15 sec. Tabletop Breathing
- 15 sec. Stomach Twist
- 15 sec. Hamstring Stretch

Repeat 3X

Every time you land on a heart or red card, name someone you admire and one value they have.

WEEK 5

Lace Up & Get Moving: We're halfway through! Let's take this week to celebrate how far we've come and stay present and calm in body, mind and spirit.

Move It Monday:

Check out the Dance Moves you picked during week 3. Play 4-5 super songs and show off those moves!

Totally Rad Tuesday:

Each time you finish the Movement Mix do a cheer!

- 45 sec. Arm Circles
- 45 sec. Lunges or Push
- 45 sec. Push-ups
- 45 sec. Flamingo Moving
- 45 sec. Plank

Repeat 3X

Super Power Wednesday:

Create your own Movement Mix (choose 5 from the list!)

- Arm Circles
- Overhead Claps
- Summersault
- Front Kick or Punch
- Twirl
- Get Creative!

Repeat 3X

Breathe in through your nose and out through your mouth as you hold the movements. Does it make the movement easier?

Go Bananas Thursday:

Find a place to sit (inside or out) and listen to the sounds you hear, including your breathing. Practice big belly breaths. Expand your belly as you breathe in, hold, then breathe out and relax your belly.

Fun-Tastic Friday:

- Write your top 10 movements on a piece of paper.
- Put on 5-10 of your favorite songs.
- Add a twist to these movements. (Add a twirl to a jack).

Stretch It Saturday:

- 20 sec. Seated Forward Fold
- 20 sec. Child's Pose
- 20 sec. Downward Dog
- 20 sec. Cat/Cow
- 20 sec. Hamstring Stretch
- 20 sec. Butterfly Stretch

Repeat 3X

Between songs, think about strategies you use to calm yourself.

WEEK 6

Lace Up & Get Moving: As we move this week, we are going to accept ALL of our emotions and remember they each serve a purpose!

Move It Monday:

Put on 6-7 of your favorite songs. For each song, add boxing movements by adding kicks and punches.

Punch out your emotions! As you move, shout out emotions, like thankful, sad, or joyful, that you move through each day.

Totally Rad Tuesday:

Animals have muscles like us but move differently. Do each animal move 12-15 times:

- Bear Squat or SuperWoman
- Crab Walk or Crab Arms
- Run or Running Arms
- Bird Arms
- Box or Kick like a Kangaroo
- Create your own!

Repeat 3X

Super Power Wednesday:

Do these moves but move your arms/legs into different shapes, like stars or triangles. Your choice!

- 45. sec. Arm Circles
- 45 sec. Twirl
- 45 sec. Jump Rope
- 45 sec. Run/Push/Roll/ use an assistive device

Repeat 3X

Go Bananas Thursday:

With a grown-up's permission, help out in the kitchen. Plan out a meal or healthy snack to share with your family.

Choose colors to put in your snack or meal that align with different emotions! (Example: happy yellow banana bread)

Fun-Tastic Friday:

Go on a scavenger hunt! Try to find something blue, something small, something that brings you joy, something hard, something making an angry face, something soft and something round. Whenever you find something, do 10 jacks or another movement.

Stretch It Saturday:

- 20 sec. Shoulder Rolls
- 20 sec. Ab Twists Slow
- 20 sec. Runner's Lunge or Seated Straddle
- 20 sec. Cat/Cow
- 20 sec. Stomach Twist
- 20 sec. Seated Forward Fold

Repeat 3X

WEEK 7

Lace Up & Get Moving: As you move this week, think about ways you can be a leader at home, with your friends or in other places! Then, do it!

Move It Monday:

Put a pillow in the center of a room. Play 6-7 songs and set timers for different times. Dance around the room. When the timer goes off, move back as fast as you can and jump on the pillow, or move as high as you can in place.

Totally Rad Tuesday:

Grab an item in your house to be a weight, like a book. Do each move 12-15 times.

- Squat or SuperWoman
- Side Lunge or Arm Circles
- Ab Twists
- Push-ups
- Jacks

Repeat 3X

Super Power Wednesday:

Obstacle Course! Design your own obstacle course and try to use the movements you learned throughout this guide. Time yourself. Do it three times and see if you can beat your time!

Come up with a cheer to do and share each time you or a buddy completes the course!

Go Bananas Thursday:

Grab a family member or video chat a friend and play charades or another movement activity. See if they can guess what movement you are doing!

Fun-Tastic Friday:

Write down 10 of your favorite movements. Do each movement 12 times, but there's a twist! Try to add a kick, a punch or both to each movement.

Stretch It Saturday:

- 30 sec. Downward Dog
- 30 sec. Shoulder Rolls
- 30 sec. Cat/Cow
- 30 sec. Hamstring Stretch
- 30 sec. Runner's Lunge or Seated Straddle
- 30 sec. Child's Pose

Repeat 3X

As you stretch, reflect. How can you be a leader to others?

WEEK 8

Lace Up & Get Moving: Time to celebrate as we look back on where we've been and consider where we want to go next! Create your own celebratory cheer for this week!

Move It Monday:

Design your own dance! Choose 8-10 of your favorite songs and 2-3 movements per song and get moving.

Create a special celebration dance routine! Design it, celebrate it, then dance it out!!

Totally Rad Tuesday:

Put it all together! Write 6 movements you've learned. Then, do the Movement Mix!

- 12-15 _____
- 12-15 _____
- 12-15 _____
- 12-15 _____
- 12-15 _____
- 12-15 _____

Repeat 3X

Super Power Wednesday:

Let's have a Star Power Hour! Grab a buddy & move however you like for 1 hour! Here are some ideas: have a dance party, go on a run/walk/push/roll, create your own scavenger hunt, or create a Heart Mission of your own!

Go Bananas Thursday:

Pretend to give a tour of your home. Think of ways you can stay active in your home and show these on the tour.

Fun-Tastic Friday:

Time to celebrate all that you have accomplished. Flip to the BINGO card on page 14 and complete as many of the activities as you can. On the BINGO Card, you'll find both Movements and Heart Missions! You did it – congrats!! Awesome job!

Stretch It Saturday:

- 30 sec. Cat/Cow
- 30 sec. Seated Forward Fold
- 30 sec. Runner's Lunge or Seated Straddle
- 30 sec. Arm Swings
- 30 sec. Downward Dog
- 30 sec. Child's Pose

Repeat 4X

Breathe in and out. Give yourself a pat on the back! You've done an awesome job! Celebrate how far you've come!

PHYSICAL ACTIVITY GUIDE KEY MOVES

PLANK: With your hands underneath your shoulders make a straight line with your body from the top of your head down to your feet (modifications: on your knees or at a wall).

PUSH-UP: In a plank position, bend elbows and move down toward the floor before pushing back up again (you can also do this on your knees or against a wall).

SUPERWOMAN: Lay with your stomach flat on the ground. Then lift your head and arms up like you are flying. Lay them back down. Repeat.

PUSH: Start at the top of the wheel and move your hands down your rims until they are halfway down. Repeat this for each lunge

SEATED STRADDLE: Move as close to the front of the chair as possible. Then, inhale and bring your hands to your hips. Exhale and fold forward moving your arms down your legs. Walk the hands back to your hips and start again.

CAT/COW: Start on hands and knees and take a deep breath in while bringing your chin to your chest and belly up to the ceiling. Then, exhale out while pushing your belly to the floor and making a circle with your back.

DOWNWARD DOG: Start on hands and knees and then curl your toes under and lift hips up towards the ceiling so your body is in a triangle shape. You can also just lean forward at your hips and reach toward the ground with your hands.

CHILD'S POSE: Start on your hands and knees and then lean back so you are sitting on your feet, and your arms are out in front of you.

BUTTERFLY STRETCH: Sit up tall with the soles of your feet together and knees apart. You can also do this by putting your elbows out and hands together, then flap up and down like a butterfly.

SIDE LUNGE: Start with legs wider than your hips and slowly lower down to the right side, bending your right leg and straightening your left leg then lifting back up. Repeat on the other side.

BICYCLE LEGS: With your back on the floor, your hands behind your head and your legs lifted, pedal your legs out while twisting your body right to left.

STOMACH TWIST: While in a seated position, cross your right leg over your left leg. Then, take your left arm and put it on the outside of your right leg and twist your body to the right. Switch sides.










SHOULDER ROLLS: Roll shoulders back and forth.

AB TWIST: While seated with legs bent in front of you, lean back a little and move hands to the right and to the left.

WEEK 3/FUNTASTIC FRIDAY: A- jack, B- bicep curls, C- Squat or SuperWoman, D- Twirl, E- arm circles, F- cartwheel, G- push-ups, H- Downward Dog, I- bear Squat or SuperWoman, J- plank hold, K- move like a flamingo, L- Bicycle Legs or Single Arm Raises, M- push-up against a wall, N- Lunge or Push, O- punches, P- running arms, Q- Knee Lift, R- Overhead Clap, S- Ski Arms, T- Tabletop Breathing, U- Front Kick or Push, V- Ab Twist, W- Move like a cheetah, X- Dance, Y- Do a cheer, Z- clap 3 times.

Developed in collaboration with Mary Cate Wampler and Patricia Goodman (ACE Personal Training Certification and Youth Fitness Certification), Co-founders of Remix Fitness.

BINGO

Do 5 of your favorite stretches.	Create and share a celebration cheer. 	Do 1 minute of forward, then backward, arm circles.	Think of 1 way you can make a caring connection. 
Put on 3 of your favorite fast songs and dance! 	Name 3 things that make you unique!	Get outside and move for 10 minutes! 	Do 15 SuperWomans or chair push-ups!
Express your gratitude to someone at home!	Do 10 push-ups! 	Go for a run inside your home or around your neighborhood!	Put on a groovy song as you add boxing moves!  
Do 3 of your favorite animal movements 15 times! 	Write out your favorite celebration word and complete the exercises with each letter from the Key Moves.	Hold a plank while you sing the entire alphabet song! 	Write down 5 things you are proud of from your journey!

THANK YOU

National Partners



Gamma Phi Beta



