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 or in front of the computer? Explain your answer.

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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**

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Parent Signature (Required):

I participated with my child: Yes _____ (.5 extra credit) No_______