

# Monumental Fitness

Mrs. Baughman & Mr. Rasmussen



With the school year winding down, it is time to pick up physical activity. Warm weather means more opportunities to get outside and be active. Being active at least 30 minutes, most days of the week allows for your heart and lungs to get or stay healthy. Adding in extra exercises like riding a bike, or going for a run help to strengthen muscles.

Before, during and after physical activity, it is important to keep your body hydrated! When you do not drink enough water, your body is not able to perform at its best. Sports drinks such as Gatorade are okay; but they cannot replace the body's water loss during physical activity. Nothing is better for hydration than drinking water!

## Fitness and P.E. Classes

**We will be taking advantage of this warm weather by going outside this month. Look forward to some of these activities will include:**

- Soccer
- Riding Bicycles
- Frisbee
- Tennis

Wear the correct shoes and clothes to P.E. and Fitness class. Each week we will be exercising to help strengthen our bodies.



TAKE CARE OF  
YOUR BODY.  
IT'S THE ONLY  
PLACE YOU HAVE  
TO LIVE IN.

*P.E. and Fitness Objectives for 2016-2017 School Year:*

*Students will learn...*

- \* The Five Components of Fitness
- \* Teamwork and Cooperation
- \* Healthy Nutrition Guidelines
- \* Body Composition and Development
- \* Active Play
- \* Social Wellness

*What it means to be a Healthy YOU!*