

MOANALUA MOVES! FEBRUARY CHALLENGE

For February's **Moanalua Moves! Challenge:** we are focusing on heart health with cardiovascular endurance activities. It's important to keep your heart healthy because it is the pump that keeps blood moving around your body to keep you alive and moving. Activities that make your heart pump harder and faster are great exercise to keep your heart in shape. You can also show off your heart health in the Keiki Great Aloha Run on February 8 or the Rainbow Keiki Run on April 12!

Complete this month's challenge by doing the following:

- Pick 1-2 activities daily from the checklist on the back. Try each activity at least 10 times, then check it off the list. Need a jump rope? Pick up a free one from Ms. Oshiro!
- Complete ALL the activities on the checklist and turn in this sheet signed by a parent or guardian by Friday, February 28 to your teacher.
- Each student who turns in a completed checklist will receive a **purple** Toe Token to place on their shoelaces or in a place of their choice to show off their progress in the Moanalua Moves! Challenge.







Let's Go Surfriders!



Student's Name:
Teacher's Name:
Grade & Room Number:
Parent's Signature:
Date:

Email healthandfitness@moanaluapto.org with questions

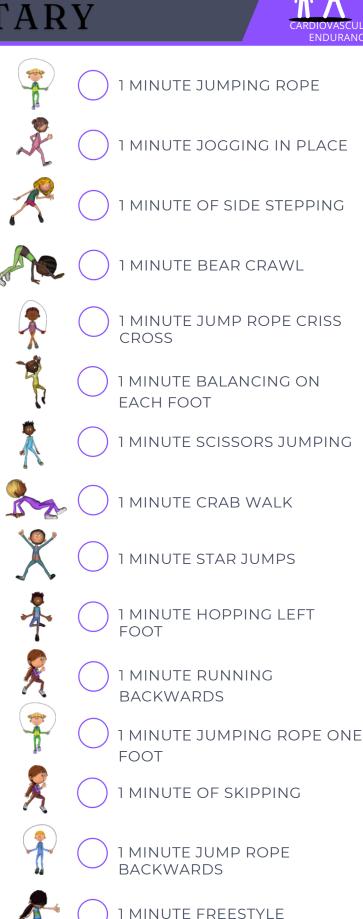


oanalua ELEMENTARY





ROPE





CARDIO DANCE