

SAMPLE WARM UP, COOL DOWN,  
AND NUTRITION OVERVIEWPRESENTED BY  INDIANA UNIVERSITY INDIANAPOLIS

Each lesson will begin with a short warm up and end with a short cool down.

**WARM UP**

- » Have the students begin with an easy 400 meters or three-minute run/walk
- » Pick at least three of the following exercises:
  1. Jumping jacks (2X10)
  2. Squat thrusts (2X10)
  3. High knees (2X20 seconds)
  4. Heel kicks (2X20 seconds)
  5. Wind mills (2X20 seconds)
  6. Skipping (2X20 seconds)
  7. Walking knee to chest (2X20 seconds)
  8. Walking Soldier (2X20 seconds)
  9. Arm Circles - both directions (2X20 seconds)
  10. Lunges - both legs (2X10)

**COOL DOWN**

- » Have the students end with an easy 400 meters or three-minute run/walk
- » Finish with three to four minutes of stretching
  1. Arm across chest (hold 10-15 seconds)
  2. Arm above head (hold 10-15 seconds)
  3. Chicken Wing (hold 10-15 seconds)
  4. Toe touch (hold 10-15 seconds)
  5. Standing quad pull (hold 10-15 seconds each leg)
  6. Side lunge (hold 10-15 seconds each leg)
  7. Calf stretch (hold 10-15 seconds)
  8. Butterfly (hold 10-15 seconds)
  9. Pretzel (hold 10-15 seconds each side)

**NUTRITION TIPS**

Nutrition tips are also provided for each week. Please be sure to cover these with your students. For more info, visit [choosemyplate.gov](http://choosemyplate.gov), [The Produce Moms](#) and [Jump IN for Healthy Kids](#).



Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, traditions, culture, and the personal decisions we make over time. All of our food and beverage choices count. Weekly nutrition tips will help teach your students about proper diet. *Tips are provided by:*

**MyPlate** – A program of the United States Department of Agriculture that offers ideas and tips to help people create a healthier eating style that meets individual needs to improve health.

**The Produce Moms** – A community of passionate fresh produce advocates with a mission to inspire everyone, especially children, to eat more fruits and vegetables.

**Jump IN for Healthy Kids** – Jump IN is a community-wide effort to empower kids in Central Indiana to live healthier lives!