



# Mighty's Fitness Challenge



*“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.”*

*1 Corinthians 6:19-20*

Welcome to Mighty's Fitness Challenge!

As we learn in Corinthians, our bodies are not our own. They belong to Christ. Therefore, we need to take care of them. One way we can do that is through physical fitness.

This year, LCA will be offering an optional fitness challenge to all students PK-12. The challenge will run from October-April and will have different requirements based on grade level as well as several levels of achievement (listed below). Students will be given a calendar each month to track their progress. Calendars must be signed by a parent/guardian and handed into Mrs. Greer at the conclusion of each month.

## **Time requirements:**

PK-2: workout for 10 minutes 3x a week

3-5: workout for 15 minutes 3x a week

Middle-High School: workout for 30 minutes 3x a week

\*\*Because we all get sick or life happens, make-up sessions are permitted. Please just clearly note it on the calendar with a "MU".

## **Achievement levels - based on total weeks (30) or total workouts (90):**

Bronze Level: 75% participation

Silver Level: 80% participation

Gold Level: 85% participation

Mighty's Top Performer: 90% participation

Mighty's Fitness All Star: Want to really push yourself? Be one of Mighty's Top Performers and do three extra sessions a month to be a Fitness All Star! Please mark these as "ES".

Since fitness is an individualized activity, there are no set workout plans for students to follow. Each student can choose what exercises he or she will perform in order to fulfill the requirements. Below is a list of example exercises for participants to use, however, this list shouldn't be considered exhaustive. The only requirement is that it must be exercise/physical and not "play time". If your student participates in a team sport or other physical activity (e.g.

gymnastics, karate, cheerleading, dance, etc.), that can be used to fulfill one time slot each week.

If you have any questions, please let me know.

Mrs. Greer

## **Potential Exercises**

Running/Jogging

Biking

Exercise Walking

Rowing

Strength Training

Weight Lifting (older students only)

Core Training

Jumping Jacks/Other Jumping Exercises

Mountain Climbers

Burpees

Push Ups

Squats

Lunges

Star Jumps

Crunches/sit ups

Planks

Pull Ups/Chin ups

Jump Rope

Roller/Inline Skating

\*\*\*We will be doing a short fitness unit in elementary gym class in October to give the students an idea of different exercises they can perform.