

Dear _____,

Today's ELF SKILLZ Lesson is all about Healthiness – Exercising!

Having healthiness is all about taking good care of your body and that includes exercising!

When you take good care of your body, such as exercising then you feel stronger and have more energy to play sports.

Let's take a quiz to see if you know how to exercise properly!

Are you exercising if...

- You walk one block and then say you are tired?
- You run as far as you can and try that same distance at least 3 times?
- You try to do push-ups and then give up after the first one?
- You do at least 5 sit-ups and then try to beat that number each day?

Today I challenge you to exercise your arms, legs, abs, and heart. Do at least 5 reps of exercises for each muscle group.

*If you accomplish this task, then you will get 5 points, and remember, when you have **20 points** you get a prize!*

