EXPLORE HOW TO STAY FIT THE FUN WAY.
Staying active is an important part of your overall health. The key is to find activities that both raise your heart rate and that you enjoy doing. It is best to find a balance of aerobic activities for a healthy heart, strength training for strong muscles and bones, and activities that improve your flexibility to reduce injury.

SMART START: Prepare three stations, each with a different activity, with room for several pairs to try each activity at the same time. Visit scigirlsconnect.org/page/workinitout or check out these websites for activity ideas: fit.webmd.com/kids/move/article/exercise-types and girlshealth.gov/fitness/exercise/index.cfm.

POINTER: If some of your girls aren’t able to do strenuous activities, make sure to include some low impact options they can test.

Here’s how:
1. Introduce the experiment. Doctors recommend that girls ages 8-13 get 60 minutes of activity 5 days a week. Ask girls what their favorite types of physical activity are (running, biking, soccer, cheerleading). Then ask them to classify each activity as a strength, aerobic, or flexibility exercise. Do some activities fit more than one category? Introduce the SciGirls Challenge: Which activities are the hardest, but also most fun to do?

2. Brainstorm. Describe the three activities that the girls will be testing in this activity, chosen from one of the websites suggested in the Smart Start. Working in small groups, have the girls design an experiment to determine which activity offers the highest level of difficulty and the most enjoyment. Some things to consider are:

- **Difficulty measurement.** The girls can measure an activity’s level of difficulty by testing their ability to sing or talk. If they can sing while doing it without getting out of breath, the activity is easy. If they find it hard to have a normal conversation, the activity is very difficult. Create a scale (e.g., from 1 - 10) to compare the different activities.

- **Likeability measurement.** Likeability can be measured on a 5-point scale with the girls agreeing on descriptors to maintain consistency.

- **Length of time.** The girls should perform all activities for the same length of time to be able to compare them accurately. (For these activities, 10 minutes is a good amount of time.)
To see how the SciGirls set up their experiment, watch the SciGirls Explore DVD. (Select Workin’ It Out: Brainstorm.)

**Mentor Moment**

Dr. Daheia Barr-Anderson is a public health scientist at the University of South Carolina who focuses on physical activity, sedentary behaviors, and obesity prevention in children and teenagers. Daheia enjoys spending time with her two young daughters, reading, and getting a lot of exercise by running, doing yoga, cycling, kickboxing, and dancing!

**Standards Correlation**

The activities in this book align to national education standards including: Standards for Technological Literacy, Next Generation Science Standards and the Common Core Standards for Mathematics. To download the complete and most current alignments, please visit scigirlsconnect.org.

See SciGirls Seven strategies on page 3.