

## ACTIVE COUCH POTATO: FORGET BEING A COUCH POTATO!

### Badge Steps Completed:

- Junior Staying Fit Badge Step 1 (*if completed every day for one week OR 2-3 times a week for two weeks*)

### Materials Needed:

- Flash Cards (10-15)
- Writing Utensil
- Bottle of water

The most important part of healthy living is staying active! Instead of just lying around, make an hour a day of TV time active by finding creative ways to do so. During your next commercial break, get moving by trying these steps.

### Steps:

1. On one side of each flash card write one of the following exercises on it. Or you can come up with some of your own!
  - a. *Jumping jacks*
  - b. *Lunges*
  - c. *Bicycle*
  - d. *Jogging in place*
  - e. *High knees*
  - f. *Star jumps*
  - g. *Butt kicks*
  - h. *Push ups*
  - i. *Crunches*
  - j. *Bear crawl*
  - k. *Donkey kicks*
2. Flip your deck over, so you can't see the exercise, and shuffle it.
3. Next time during your commercial break, pick a card from the deck and perform that exercise until that commercial has ended. Choose a new card with every commercial that comes on.

If you're using a streaming service that does not have commercials, take a 3-minute break every 10 minutes. During your 3-minute break, choose a different flashcard and perform a different exercise every 30 seconds.
4. Continue doing step 3 until the commercials have ended and your show returns.
5. Challenge yourself for one week to make an hour of TV time active each day.