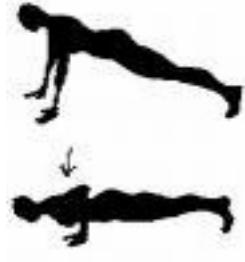


Fitness Component	Exercise/ Pose/ Position	Picture
Flexibility	<p style="text-align: center;">Side Stretch</p> <p>Hold for 5 to 10 seconds.</p>	 <small>DEBRA McCLINTON</small>
Flexibility	<p style="text-align: center;">Child's Pose</p> <p>Hold for 5 to 10 seconds.</p>	 <small>© MICHAEL SEXTON</small>
Muscular Endurance	<p style="text-align: center;">Push-up Hockey</p> <p>Try to hold the push-up position as long as you can without resting. Play 1 or 2 games to 5 points.</p>	<p>Try to score by sliding a beanbag in between your opponent's arms while in the push-up position.</p>
Muscular Strength	<p style="text-align: center;">Push-ups</p> <p>Try to do as many as possible.</p>	
Cardiovascular/Aerobic Endurance	<p style="text-align: center;">Line jumps</p> <p>Jump until you get tired, time yourself and try to jump longer next time.</p>	<p>Jump back and forth over a line. Side to side or front to back, you can crisscross your legs while jumping. Be creative.</p>