

These Fuel Up Fitness Cards are provided to you by Wisconsin's dairy farm families.

A downloadable version of these cards are available at WisconsinDairyCouncil.com





A PROGRAM OF



THE NFL MOVEMENT FOR AN ACTIVE GENERATION

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### FuelUptoPlay60.com

22020 Dairy Farmers of Wisconsin 22020 National Football League Players Incorporated. 22020 National Dairy Council. Fuel Up is a Service Mark of National Dairy Council.

## I'm a Star Jump

 Start with your body in a squat position.

• Jump up and spread your arms and legs.

#### ·EXTRA POINT·

Star athletes fuel their bodies with healthy foods. Can you name the five food groups?

# Lambeau Leap

- Take 3 steps and leap in the air like you've just scored a touchdown.
- · Repeat.

### ·EXTRA POINT·

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To celebrate a touchdown, Green Bay Packers players jump into the end zone stands. Can you practice your **Lambeau Leap**?

# **Touchdown Jumps**

 Spread your arms out like a field goal post.

Squat down and jump up.

### ·EXTRA POINT·

There are 32 teams in the NFL. Can you do a **Touchdown Jump** for each team?



## **Cheese** Dip

• Use both arms to brace the edge of a chair and move your body up and down.

### ·EXTRA POINT·

Cheese is a great way to get 3 servings of dairy every day. Name a different type for every **Cheese Dip** you do.



## Championship Belt Squat

Squat down with your legs.

 Move your arms and pretend to put on a championship belt!

### ·EXTRA POINT·

Wisconsin wins more awards for our cheese than any other state or country! Both our cheese and our football team are champions!

## Skating over the Frozen Tundra

• Stand on your right foot with your knee slightly bent, place your left foot just behind your right ankle.

 Hop to your opposite foot while moving your arms and pretending you're skating!

### ·EXTRA POINT

Yogurt is a nutritious and delicious snack. Try a yogurt smoothie, parfait or making your own frozen yogurt popsicles!



## Heisman Pose Balance

- Balance on one foot.
- Pretend to hold a football in one arm while extending your other arm.

### ·EXTRA POINT·

The Heisman Trophy is awarded to a college football player that best exhibits excellence with integrity. Several Green Bay Packers have won this award!

# Football Fast Feet

 Run in place on the balls of your feet in a very fast motion.

### ·EXTRA POINT·

Whether you enjoy walking, jogging or running all are great ways to get your 60 minutes of activity each day!





Can you do a **Packer Push Up** for each point scored in a touchdown? (6)

## Lineman Lunges

• Step forward with one leg, lowering your hips until both knees are bent.

- Push back up to the starting position.
- Repeat with opposite leg.

#### ·EXTRA POINT·

Name a different green or yellow vegetable for each Lineman Lunge!

## **Elbow to Knee**

- Start with your feet shoulder width apart and your hands on your ears.
- Bring your left knee up to meet your right elbow.
- Repeat the movement and alternate sides.

### ·EXTRA POINT·

There are 206 bones in your body including your elbows and knees! The calcium found in dairy can help you build strong bones.



# Packer Planks

- Start in a push up position.
- Bend your elbows and rest your weight on your forearms.
- Keep your body in a straight line and hold.

#### ·EXTRA POINT·

Hold your **Packer Plank** for 70 seconds one second for each row of bleachers in Lambeau Field!



## Milk the Cow

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Pretend like you are milking a cow.

 Alternate your hands up and down in a dance-like motion.

### ·EXTRA POINT·

The average dairy cow gives over 100 glasses of milk each day. Can you do the Milk the Cow move 100 times?





## Super Bowl Sit Ups

- Lie on your back with your knees bent and your feet flat on the floor.
- Place your fingertips behind your ears.
- Raise your body up toward your knees.

### EXTRA POINT

Say a letter for each sit up while spelling out GREEN BAY PACKERS! After all, they did win the first Super Bowl in 1967!

## Titletown Toe Tappers

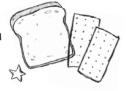
Tap Tap Tap



- Tap your right foot on the floor about 10 inches in front of your left foot.
- Quickly switch feet and repeat.

### ·EXTRA POINT·

Name as many whole grain foods as you can while tapping your toes.



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## Jumping Colby-Jacks

• Start with your legs together and arms at your sides.

 Jump to a position with your legs apart and your arms over your head.



#### ·EXTRA POINT·

Name game! Do a **Jumping Colby-Jack** while naming each student in your class.





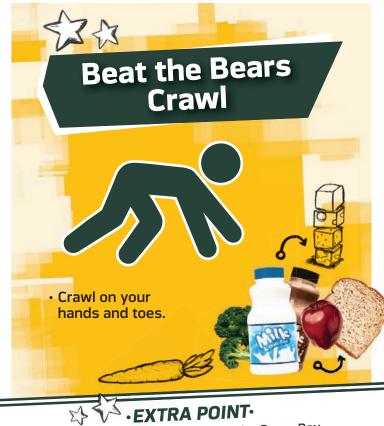
## Test of Time Wall Sits

# ·EXTRA POINT·

 Lean back against wall in a squat position.

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The Green Bay Packers were organized in 1919 and are nearly 100 years old! Can you do a wall sit for 100 seconds? ト



The Chicago Bears are one of the Green Bay Packers biggest rivals. Do you think the Green Bay Packers will beat the Chicago Bears this year?



## Superman

- Lay on the floor with one arm stretched over your head and one arm behind your back.
- Alternate arm positions and pretend to fly.

### ·EXTRA POINT·

Milk has protein to help build strong muscles just like Superman!



## Stadium Snow Angels

- Lie down on your back and spread your arms over head.
- Make a snow angel motion.

### ·EXTRA POINT·

Shoveling snow, sledding and making snow angels are great winter activities to keep you active!



# Traveling Cross Countries

 Move your arms and legs in a cross country motion.

### ·EXTRA POINT·

Wisconsin's dairy farms, pastures and rolling hills help make tourism one of the top industries!





### ·EXTRA POINT·

Name as many green and gold fruits as you can while doing the **Green & Gold Gorilla Walk**.



# **Field Goal Kicks**

Pretend to kick a field goal.

Repeat and alternate legs.

### ·EXTRA POINT·

Name a farm fresh food that you enjoy for each **Field Goal Kick**.

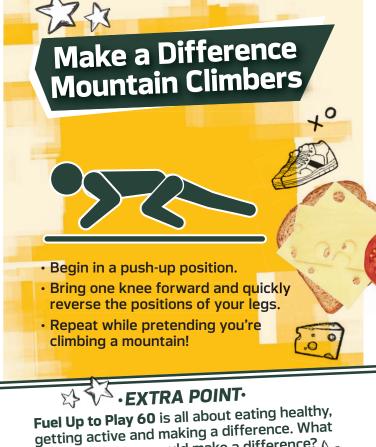


## Strong Bone Burpees

- Drop into a squat position with your hands on the floor.
- Kick your feet back in a plank position.
- Jump back to standing position.
- Repeat.

### ·EXTRA POINT·

Students should get 3 servings of dairy every day for strong bones. Do **Strong Bone Burpees** in intervals of 1-2-3!



is one way you could make a difference?

## Tailgate Table Extensions

- Start in tabletop position.
- Raise your opposite knee and arm back and forth.
- Repeat with your other knee and arm.

#### ·EXTRA POINT·

Can you name some healthy foods that you could include on your tailgate table?



## Quarterback Quad Stretch

- Stand on your left foot and pull your right ankle towards your backside.
- Hold for 30 seconds and then switch sides.

### ·EXTRA POINT·

Quarterbacks help lead the team to victory! Name characteristics of a good leader while doing **Quarterback Quad Stretches**.

## Get Active! Arm Circles

- Stand up and extend your arms straight out by the sides.
- Move your arms in a circular motion.

### EXTRA POINT

Arm Circle Challenge: name your favorite ways to get active while doing Get Active! Arm Circles.





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Try saying healthy foods in a hut hut hike pattern while doing this move. Apple - Apple -Banana! Carrots - Carrots - Broccoli!



# **Apple Pickers**

- Reach up across your body with one hand.
- Repeat with your opposite hand.
- Pretend like you're picking apples with this disco dance move!

### ·EXTRA POINT

An apple a day can keep the doctor away! Apples are a great source of fiber and potassium.



# Breakfast Bridge

- Lie on your back.
- Bend your knees and position your hands.
- Push yourself up into a bridge. If it's too hard to start on your back, you can always start on your stomach!

### ·EXTRA POINT·

Breakfast is the most important meal of the day! What are some healthy foods you could eat to fuel your day?



## Green Bay Bicycle Legs

- Lie flat on the floor with your lower back pressed to the ground.
- Bring your knees up and move your legs in a cycling motion.

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#### ·EXTRA POINT·

Biking is a great way to get exercise! When is the last time you went for a bike ride?







# **Milk Muscles**

 Make your favorite muscle poses.

### ·EXTRA POINT·

Cheese

Whether you like chocolate or white milk - both have protein to build strong muscles!

## The Wisconsin Wave

Stand in a circle with your classmates.

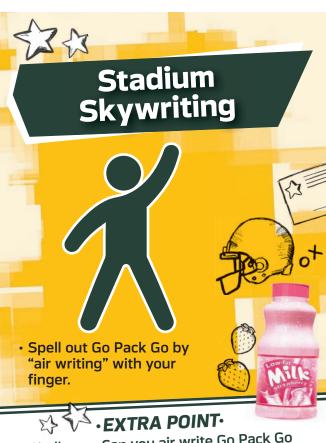
• One person start the wave by moving their hands over their head.

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 The next person lifts their arms creating a domino effect.

#### ·EXTRA POINT·

Wave Challenge: Try doing The Wisconsin Wave in slow motion and fast motion.



Challenge: Can you air write Go Pack Go backwards in the air or with your opposite hand?



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- Lie on your back on the floor and raise your legs 90 degrees.
- Rotate your legs side to side like a windshield wiper!

## •EXTRA POINT·

Physical activity can help you do better in school. Exercise boosts brain power by improving your memory and thinking skills!



## **Cat-Cow Stretch**

- Start with your hands and knees in a tabletop position.
- As you inhale, lift your chest toward the ceiling.
- Exhale, coming back to tabletop position.

#### ·EXTRA POINT·

Wisconsin has 1.2 million cows which is more cows than kids in school!

## **Noodle Neck Rolls**

 Relax your body like a noodle and roll your neck.

#### EXTRA POINT

Oodles of Noodles! How many different healthy meals can you name that include noodles?

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### Dodge the Defense

- While doing fast feet, put your arms in a boxing position.
- Alternate your arms back and forth like you're hitting a punching bag.

#### ·EXTRA POINT·

Milk has 9 essential nutrients that growing student bodies need. How many nutrients can you name while **Dodging the Defense**?



## Team Captain

Lead a 2-3 minute physical activity break doing any activities or games of the class's choosing. Be creative and have everyone in the class get involved!



#### ·EXTRA POINT

**Fuel up to Play 60** is a student-led program encouraging Wisconsin students to eat healthy, get active and make a difference.



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- Raise one hand over your head.
- Move the opposite foot behind your other foot.
- Alternate the move.

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#### ·EXTRA POINT·

Gentle movement while stretching can help you become more flexible.

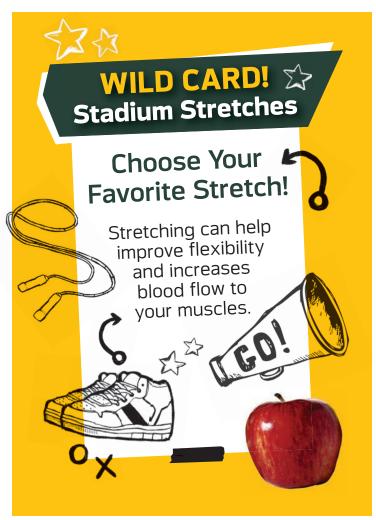
#### Halftime Hula Hoops

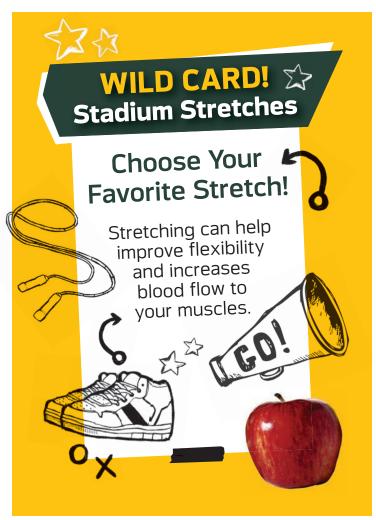
 Move your hips in a circle and pretend to hula hoop.

#### ·EXTRA POINT·

Building core strength helps balance the front and back of your body!









# WILD CARD!

#### Choose Your Favorite Dance Moves!

Turn on some music and do your favorite dance moves! Dancing is a fun way to exercise and be physically active.



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Turn on some music and do your favorite dance moves! Dancing is a fun way to exercise and be physically active.



### WILD CARD! 🟠 Fan Favorite

#### Choose Your Favorite Brain Break Activity!

Brain Breaks
help you activate,
energize and stimulate
your brain.



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