

STEPS

OUTH TEXAS EARLY PREVENTION STUDIES
STEPS SNAP-ED

Kindergarten



Newsletter

Vol. 2 Issue 6
February 2024

WHAT'S INSIDE?

Physical
Activities for
your HEART. P1

FitnessGram
PACER Test. P2

Pump UP your
HEART. P3

Families~
moving for life.
P4

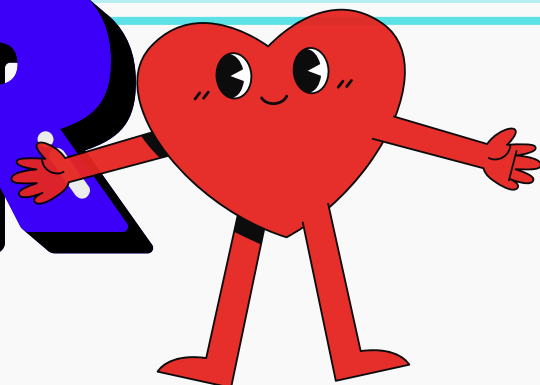


FOR YOUR HEART,
GET SET,
GO!



Physical activities your heart will
thank you for:
running, walking, swimming,
jumping, dancing, jogging,
jumping jacks, stair climbing, and
many more.

PACER



Progressive Aerobic Cardiovascular Endurance Run

The PACER (fitness) TEST: the default aerobic capacity test in FITNESSGram.

The PACER is a multistage aerobic capacity test using the 15-meter or 20-meter shuttle run.

The aerobic capacity test progressively gets more difficult as it continues.

It is administered at schools to measure student's cardiovascular fitness. This test is recommended for all school ages, however, it is mandated to be administer starting in 3rd grade.

The number of laps determines the healthy fitness zone of the participant.

HEALTHY FITNESS ZONE

Note: There is no fitness zone for PK. The health zone ranges for PACER is 10 to 17+ years old.

GIRLS



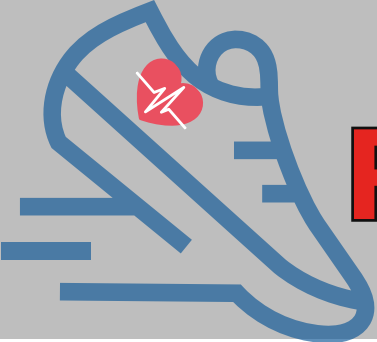
7-14 LAPS

BOYS



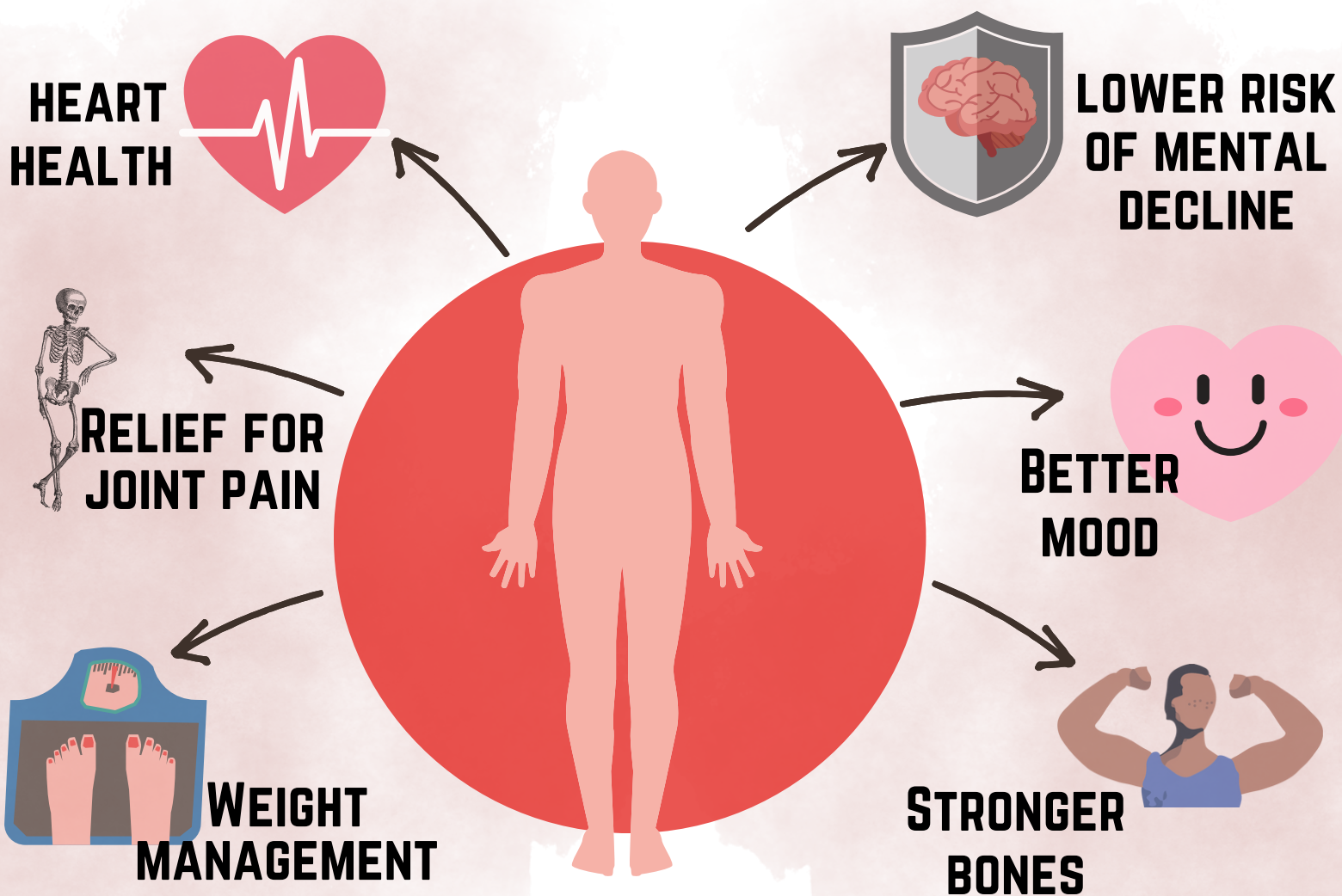
23-61 LAPS

- Students line up at the start.
- The running speed starts slowly, but gets faster each minute after students hear a signal.
- A single lap is completed once the student reaches the return point line.
- Students must run in a straight line, and run as long as possible.
- The test is over when failing completion of two laps before a sound.



Pump UP your HEART!

BENEFITS OF WALKING **GOOD FOR YOUR HEART, BODY AND MIND.**



WALK AT LEAST 150 MINUTES A WEEK.

CONSULT YOUR PHYSICIAN.

ASSESS YOUR HEALTH STATUS BEFORE STARTING ANY PHYSICAL ACTIVITY.

BE CONSISTENT.

TRACK YOUR PROGRESS.

LOVE YOURSELF!

Families~

Let's start moving for Life.

Heart of healthy behaviors



**BEING PHYSICALLY ACTIVE
HELPS DECREASE THE RISKS OF:**

**OBESITY,
DIABETES,
HEART DISEASE, AND
SOME CANCERS**

**Try these IDEAS to plan physical activity with the
family & Have FUN!!!**

1 Make it a game.

Create a deck of fitness exercise cards using standard playing cards. Hearts stand for push ups, clubs for crunches, diamonds for jumping jacks, and spades for squats. Let your child pick the card, then do as many of the assigned activity as the card states.

Go for a walk.

2 Plan walks for after dinner.

Younger children may alternate between riding a bike, stroller or skating. Take your dogs.

3 Head to the playground (at home or parks).

Monkey bars, rock climbing walls, swings and more.

4 Play outdoor games.

Croquet, bocce ball, horseshoes, ring toss and many more.

This issue Created by the UTRGV STEPS staff for STEPS/SNAP -Ed project.

Project Sponsored By:



This institution is an equal
opportunity provider.



Images by
Social Health and Research Center



UTRioGrandeValley

For more information:

UTRGV STEPS Office

(956)665-2127

Southwick Hall Rm 1.120

1201 W University Dr.

Edinburg, TX 78539

