



# IN AND OUT

## Hip to Be Fit® Challenge GAME

### Hip to BE Fit® Challenge:

Fill in the Daily Activity Calendar to learn more about calories in and out. Share the fillable PDF using the form on the website at [www.ndi-nm.org/hiptobefit](http://www.ndi-nm.org/hiptobefit).

**Supplies needed:**  
*Daily Activity  
Calendar*

### Calories In

Often we are not aware of the number of calories we are eating because we don't pay attention to the serving size. 100 extra food calories every day will add one pound in five weeks. 500 extra food calories every day will add one pound in one week.

### Calories Out

There must be a balance between how many calories you eat and how much energy you expend. The more active you are, the more calories you will need. Some types of exercise use more calories than other types. It is good to consider how active you have been before choosing snacks and other foods you eat.

### FIVE Components for Being Physically Fit

**ONE** – Cardio Respiratory Endurance is the ability of the body's circulatory and respiratory systems to supply fuel during sustained physical activity. Examples include swimming, running, running in place, doing jumping jacks, dancing, biking, hiking, and playing tennis.

**TWO** – Muscular Strength is the ability of the muscle to exert force during an activity. Lifting weights, balancing on one foot, doing sit-ups and holding a plank position will all increase muscular strength.

**THREE** – Muscular Endurance is the ability of the muscle to continue to perform without fatigue. The repetitive exercises such as resistance training, weight lifting, swimming, running, biking, aerobics, spinning will all enhance muscular endurance.

**FOUR** – Body Composition refers to the relative amount of muscle, fat, bone, and other vital parts of the body. Both cardio respiratory and muscular strength & endurance exercises as well as maintaining a healthy diet will improve your body composition.

**FIVE** – Flexibility is the range of motion around a joint. Stretching and full range of motion exercises include throwing a ball, hitting a ball with a bat.

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1. Select, from the list below, an activity and its corresponding time to burn 100 calories. Track your progress in the [Activity Calendar](#).
  2. When you open the calendar in your browser, download it to your desktop. Then, open the PDF from your desktop and fill in your information. *Make sure to save your progress!* Then, at the end of the week, visit the link on our website, and upload your filled out PDF with the form, on the bottom of the page.
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## MINUTES TO BURN 100 CALORIES

Playing videos 42	Running Through the Sprinkler 20	Dancing: Fast 14	Hockey: Field or Ice 10
Flying a Kite 30	Shooting Hoops 20	Golfing: Walking 14	Running: 5 mph 10
Playing Catch 30	Tai Chi 20	Hiking 14	Swimming: Backstroke 10
Bowling 25	Tennis—Doubles 20	Stair Step Machine 14	Elliptical Trainer 9
Dancing: Slow 25	Walking: 3.5 mph 20	Swimming 14	Football 9
Paddleboat 25	Washing the Car 20	Wrestling 14	Ski Machine 9
Stretching 25	Walking: 4.0 mph 19	Aerobics: High Impact 13	Bicycling: 14-16 mph 8
Tossing a Frisbee 25	Baseball 17	Bicycling: Moderate 13	Jumping Rope 8
Volleyball 25	Hop-Scotch 17	Rowing: Moderate 13	Running: 6 mph 8
Walking 25	Skateboarding 17	Tennis: Singles 13	Swimming: Butterfly 8
Weight Lifting 25	Softball 17	Soccer 11	Bicycling: 16-19 mph 7
Playing Tag 22	Walking: 4.5 mph 17	Basketball 10	Handball 7
Badminton 20	Ice Skating 15	Beach Volleyball 10	Running: 7 mph 6
Calisthenics 20	Aerobics: Low Impact 14	Bicycling: 12-14 mph 10	Bicycling: >20 mph 5
Kicking a Soccer Ball 20	Boxing 14	Circuit Training 10	
Roller Skating 20		Flag Football 10	

