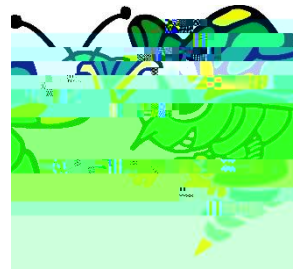


D D E



HIGH SCHOOL FITNESS

Discover · Explore · Practice · Create

<i>Target #</i>	<i>Target</i>	<i>Can I?'s</i>
	I CAN meet the healthy fit	<ul style="list-style-type: none"> Meet the healthy fitness zone for push ups Meet the healthy fitness zone for curl-ups Meet the healthy fitness zone for sit and reach Meet the healthy fitness zone for PACER
		<ul style="list-style-type: none"> Identify upper body strength exercises Identify lower body strength exercises Identify core strength exercises Identify stretching exercise
		<ul style="list-style-type: none"> Meet the required minutes in the target heart rate zone during aerobic activities.

