

# BONE BUILDER FITNESS CARDS



THE NFL MOVEMENT FOR AN ACTIVE GENERATION

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# BONE BUILDER FITNESS CARDS

## SIDE CRUNCHES



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# SIDE CRUNCHES

## UPPER & LOWER BODY POSITION

Back and feet are flat on the floor with knees bent to a 45-degree angle. Arms can be placed behind the head with elbows bent.

**CUE:** Flat back.

## MOVEMENT

Raise body up while keeping the feet on the floor. Keep neck straight as sitting up—bring right elbow to meet left knee, then slowly return to starting position. Switch sides and repeat by bringing left elbow to meet right knee.

**CUE:** Cross body.

## MODIFICATION

Use arms to generate momentum to sit up and/or grab legs to pull up.

# BUILD STRONG BONES WITH BONE-BUILDING FOODS AND EXERCISES

## BONE-BUILDING NUTRIENTS

## FOOD SOURCES

### CALCIUM

Milk, Cheese, Yogurt, Broccoli, Kale, Bok Choy

### VITAMIN D

Milk, Salmon, Sardines, Tuna

### PROTEIN

Milk, Cheese, Yogurt, Beef, Beans, Tofu, Nuts, Pork

### MAGNESIUM

Beans (pinto, black, kidney), Spinach

### PHOSPHORUS

Milk, Yogurt, Cottage Cheese, Broccoli, Sunflower Seeds, Eggs, Chicken

### POTASSIUM

Milk, Squash, Carrots, Tomatoes, Strawberries

### VITAMIN K

Kale, Spinach, Brussel Sprouts, Asparagus, Green Leafy Lettuce

**BONE-BUILDING EXERCISES =**





# BONE BUILDER FITNESS CARDS

## SHOULDER TAPS



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# BONE BUILDER FITNESS CARDS

## DONKEY KICKS



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# DONKEY KICKS

**HAND POSITION** Hands are in front of shoulders with fingers spread apart on floor.

**CUE:** Shoulder width.

**UPPER & LOWER BODY POSITION** Arms are straight. Knees are bent. Knees are lined up several inches behind elbows.

**CUE:** Knees behind elbows.

**MOVEMENT** Kick both feet up in the air so that all the body weight shifts to hands.

**CUE:** Kick feet up.

**MODIFICATION** Instead of kicking both feet in the air, alternate kicking legs so that one foot is always on the ground. Or kick feet to glutes instead of kicking straight up in the air.



# SHOULDER TAPS

**HAND POSITION** Hands under shoulders with fingers spread apart on floor.

**CUE:** Shoulder width.

**UPPER & LOWER BODY POSITION** Toes are on the ground. Shoulders, back and legs are in a straight slanted line.

**CUE:** Keep it straight.

**MOVEMENT** Right arm reaches up to touch left shoulder then goes back to starting position. Left arm reaches up to touch right shoulder then goes back to starting position.

**CUE:** Opposite shoulder hand touch.

**MODIFICATION** Perform the activity on knees instead of toes or hold the upright plank position with no movement.





# BONE BUILDER FITNESS CARDS

## MOUNTAIN CLIMBERS



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# BONE BUILDER FITNESS CARDS

## PLANK UP-DOWNS



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# PLANK UP-DOWNS

**HAND POSITION** Hands under shoulders with fingers spread apart on floor.

**CUE:** Shoulder width.

**UPPER & LOWER BODY POSITION** Toes are on the ground. Shoulders, back and legs are in a straight slanted line. Feet are hip-width apart with weight on hands and toes.

**CUE:** Keep it straight.

**MOVEMENT** Bend right arm and place right forearm on the floor, then bend left elbow and place left forearm on the floor. Straighten right arm and then straighten left arm to return to upright plank position. Continue movement so that the arms are alternating going up and down.

**CUE:** Down, down, up, up.

**MODIFICATION** Perform the activity on knees instead of toes. Or hold the upright plank position and do no movement.



# MOUNTAIN CLIMBERS

**HAND POSITION** Hands under shoulders with fingers spread apart on floor.

**CUE:** Shoulder width.

**UPPER & LOWER BODY POSITION** Shoulders, back and legs are in a straight slanted line.

**CUE:** Keep it straight.

**MOVEMENT** Lift left foot off the floor and bring knee to chest. Alternate to right foot. Keep body in a straight line while moving knees to chest. Run while in the stationary upright plank position.

**CUE:** Running motion.

**MODIFICATION** Instead of running, slowly alternate legs and walk in the stationary upright plank position. Or hold the upright plank position and do no movement.





# BONE BUILDER FITNESS CARDS

## INCHWORM



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# BONE BUILDER FITNESS CARDS

## SQUATS



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# SQUATS

**FEET POSITION** Stand upright with feet shoulder-width apart and weight balanced on middle of feet. Heels on the ground.

**CUE:** Heels stuck to the ground.

**UPPER & LOWER BODY POSITION** Arms straight and parallel to the ground.

**CUE:** Parallel.

**MOVEMENT** Keep back straight and sit down so that knees bend to a 90-degree angle. Stand up while maintaining balance and repeat the motion. Keep feet flat on the floor and knees behind toes while squatting down.

**CUE:** Knees behind toes.

**MODIFICATION** Perform the motion against a wall to work on keeping a straight back.



# INCHWORM

**FEET POSITION** Stand upright with feet shoulder-width apart.

**CUE:** Shoulder width.

**UPPER & LOWER BODY POSITION** Slightly bend knees and lean over to touch the floor with the palm of hands.

**CUE:** Palms on floor.

**MOVEMENT** Slowly walk hands forward until body is in a straight line and then slowly walk hands back to return to the start position.

**CUE:** Walking hands.

**MODIFICATION** Perform the walking hands movement while on knees instead of while standing up.





# BONE BUILDER FITNESS CARDS

## LUNGES



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# BONE BUILDER FITNESS CARDS

## PUSH-UPS



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# PUSH-UPS

**HAND POSITION** Hands under shoulders with fingers spread apart on floor.

**CUE:** Shoulder width.

**UPPER & LOWER BODY POSITION** Toes are on the ground. Shoulders, back and legs are in a straight slanted line.

**CUE:** Keep it straight.

**MOVEMENT** Bend elbows to lower body to the ground to form a 90-degree angle. Nose will be in front of fingers and hands will stay underneath the armpits. Nose should touch or almost touch the ground.

**CUE:** Nose to the ground.

**MODIFICATION** Perform the activity on knees. Lay flat on the ground and push up from the floor rather than starting from the top and moving down.



# LUNGES

**UPPER & LOWER BODY POSITION** Stand straight with feet shoulder-width apart. Arms relaxed at sides.

**CUE:** Standing position.

**MOVEMENT** Move right leg forward to form a 90-degree angle, keeping knee behind toes. The left leg will be bent with knee almost touching the ground. Step back to starting position and then move left leg forward. Repeat and alternate legs moving forward.

**CUE:** Knees behind toes.

**MODIFICATION** For balance, hold the wall for support. Instead of alternating legs, do five lunges on one leg and five on the other by starting from the ground: place the left knee at a 90-degree angle and right knee on the ground and then stand up from the kneeling position.





# BONE BUILDER FITNESS CARDS

## SIT-UPS



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# BONE BUILDER FITNESS CARDS

## JUMPING JACKS



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# JUMPING JACKS

**FEET POSITION** Stand upright with feet together.

**CUE:** Feet together.

**UPPER & LOWER BODY POSITION** Arms relaxed at sides.

**CUE:** At sides.

**MOVEMENT** Jump so that legs go out to slightly wider than shoulder-width apart while the arms simultaneously go up over the head. Fingers should slightly touch over the head. While bringing feet back together, bring arms back down to sides.

**CUE:** Legs out, arms up.

**MODIFICATION** Alternate stepping legs out to the sides instead of jumping.



# SIT-UPS

**UPPER & LOWER BODY POSITION** Back and feet are flat on the floor with knees bent to a 45-degree angle. Arms can be crossed across the chest or placed behind the head.

**CUE:** Flat back.

**MOVEMENT** Raise body up while keeping the feet on the floor. Keep neck straight as sitting up—imagine that there is a tennis ball under chin. Head should not move while sitting up and down.

**CUE:** Neck straight.

**MODIFICATION** Use arms to generate momentum to sit up and/or grab legs to pull up.



# BONE BUILDER FITNESS CARDS

## FROG JUMPS



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# BONE BUILDER FITNESS CARDS

## GLUTE-KICKERS



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# GLUTE-KICKERS

**UPPER & LOWER BODY POSITION** Stand straight with feet shoulder-width apart. Arms relaxed at sides.

**MOVEMENT** Run in place or moving forward so that heels touch glutes. Arms will move in opposite direction of legs.

**CUE:** Heels to glutes.

**MODIFICATION** Instead of running do the movements walking or at a slow pace.



# FROG JUMPS

**FEET POSITION** Feet are slightly wider than shoulder-width apart with toes pointed slightly outward.

**CUE:** Toes out.

**UPPER & LOWER BODY POSITION** Knees are bent so hamstrings and calves are touching or nearly touching. Fingertips are on the floor. Arms are inside of knees. Weight is on the balls of the feet.

**CUE:** Weight on fingertips and toes.

**MOVEMENT** Spring up by pushing with fingertips and toes. Land back in the crouched frog position. Movement can be straight up and down (stationary) or directed to move forward (traveling).

**CUE:** Spring up.

**MODIFICATION** Perform the crouching position to standing position without jumping.





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## HIGH KNEES



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## ONE-LEGGED HOPS



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# ONE-LEGGED HOPS

**UPPER & LOWER BODY POSITION** Stand upright with feet shoulder-width apart. Hands on hips.

**CUE:** Hands on hips.

**MOVEMENT** Slightly bend right knee so that the foot is behind you and then start hopping on the left leg. Weight should be on the balls of feet while hopping. Right leg should remain as still as possible while hopping. Switch legs after the completion of the repetitions.

**CUE:** Bounce.

**MODIFICATION** Instead of jumping, perform one-legged calf raises to practice balance.



# HIGH KNEES

**UPPER & LOWER BODY POSITION** Stand upright with feet shoulder-width apart. Arms relaxed at sides.

**CUE:** Standing position.

**MOVEMENT** Run in place or moving forward so that knees go to the height of hips. Arms will move in opposition with legs.

**CUE:** Hip-height.

**MODIFICATION** Instead of running do the movements walking or at a slow pace.





# BONE BUILDER FITNESS CARDS

## CRAB WALK



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## BEAR CRAWL



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# BEAR CRAWL

**UPPER & LOWER BODY POSITION** Hands flat on the floor. Knees bent and weight on toes. Glutes are pointed high in the air.

**CUE:** Glutes to the sky.

**MOVEMENT** Alternate moving opposite hands and feet. Weight will transfer from left foot and left hand to right foot and right hand.

**CUE:** Belly button to the sky.

**MODIFICATION** Remain stationary and alternate shifting weight from left foot and left hand to right foot and right hand.



# CRAB WALK

**UPPER & LOWER BODY POSITION** Sit on the floor with hands flat on the floor slightly behind shoulders. Knees are bent to less than a 90-degree angle with feet on the floor. Point fingers toward feet.

**CUE:** Fingers point to feet.

**MOVEMENT** Lift glutes off the floor and push belly high. Alternate moving opposite hands and feet. Move forward and backward.

**CUE:** Belly button to the sky.

**MODIFICATION** Remain stationary and alternate lifting legs off the ground while keeping the glutes off the ground and belly high in the air. Try repetitions so that glutes go up and down from the ground.

