

A STEM in the Park

Take Home Activity

STEM

in the **PARK**™

Science, Technology, Engineering, and Mathematics



Around the House Fitness

After you have tried some of our fitness component activities, use this chart to see how many different ways you can work on them at your own house! Simply fill in your activity under the correct Fitness Component. You will be surprised how many ways you can get “fit” using things around your house. If you do create a “new” piece of household equipment for a certain component, have someone take a picture of you using it, and post it on our Facebook page: **BGSU Physical Education Health Education**. We had fun preparing these activities for you, and hope you enjoyed working out with us!

Cardiovascular Endurance (Fitness of Heart, Lungs)	Muscular Strength (Amount of force a muscle can produce)	Muscular Endurance (how long the muscle can produce the force)	Flexibility (Range of motion in a joint) Stretching a muscle

Continued on back

Conversion Chart

So how much weight are you actually using for your exercise? Using this conversion chart will assist you! The rhyme, "**A pint's a pound the world round**", will be helpful in finding or adjusting the weight of your exercise equipment:

1 pint 1 pound
2 pints = 1 quart 2 pounds
4 quarts = 1 gallon 8 pounds

Volume	1 pound	1 pound	1 pound	1 pound	1 pound	1 pound	1 pound	1 pound
Pint								
Quart								
Gallon								

***This activity is brought to you by the BGSU Physical Education/
Health Education (PEHE) Program***

