

## **How to Use Time For 10!**

Time For 10! presents a series of five videos; each video is less than 10 minutes in length. Each video is themed, but can be mixed and matched and used at any time. For daily use, we recommended the schedule as follows:

Monday: Kickboxing

Tuesday: Arms, Legs and Balance Wednesday: Cardio and Core

Thursday: Sports Friday: Flexibility

These 10-minute videos are designed to be used during school in the classroom, but the videos can be utilized in various settings and scenarios. Videos can be used as a start to the school day, a warm-up during gym class, an indoor recess activity or as an energizer before lunch periods and tests. Find the use that suits your students best.

Led by a fitness expert and Mrs. Kasich, each video makes daily exercise easy, fun and efficient. Time For 10! ties to National Education Standards by helping students demonstrate the ability to practice health enhancing behaviors, reduce risk and become better advocates for their own personal health.

Access this free program in its entirety at **TimeFor10.org**. The videos may be streamed online or downloaded to your computer. You can also request a free copy of the DVD by completing the online submission form.

Take Time For 10!

**Program Partners** 









Department

Ten Minutes to Focus, Fitness and Fun TimeFor10.ora