Try to match each statement below with the animal it describes!

**This animal:**
- **Can jump 10 times its length.**
- **Can run a marathon in 40 minutes.**
- **Can stand on one leg for hours.**
- **Turns pink from eating pink-colored water bugs.**
- **Can chase and eat fish.**
- **Catches flies with its tongue.**
- **Likes to “prong,” or jump up high over and over.**
- **Can scratch behind its ear with its foot.**
- **Can scratch behind its ear with its foot.**
- **Stands in warm, shallow water with a flock of friends.**
- **Can scratch behind its ear with its foot.**
- **Starts out life as a tadpole that lives underwater.**
- **Can outrun most predators.**

**BALANCE** Flamingo
Flamingos wade in water, scooping up tiny pink water creatures in their big bills. The water bugs they eat turn the flamingos pink! Flamingos stand on just one leg while wading, and that takes balance. Practicing difficult challenges, like imitating the flamingo, can help us improve our balancing ability.

**STRENGTH** Frog
Frogs are born as legless tadpoles that swim in ponds and munch on veggies. Later, they grow rear legs that are so strong they can jump 10 times their own length! People can’t do that, but we can help our legs get stronger by imitating the frog and jumping.

**FLEXIBILITY** Penguin
Penguins have a thick layer of fat to keep them warm when they chase fish through icy water. But they’re still so flexible that they can scratch behind their ears with their feet! Even though most people can’t do that, we can still improve our flexibility by gently bending over and reaching for our toes.

**CARDIO** Antelope
Antelopes are so good at running they can finish a whole marathon — over 26 miles — in just 40 minutes! Exercising for a long time without getting tired takes cardiovascular fitness, or cardio for short. Some antelopes like to prong, or jump up and down. Imitating them helps us improve our cardio fitness.

**Your Fitness Challenge Score Sheet**

<table>
<thead>
<tr>
<th>Fitness Level</th>
<th>How To Measure</th>
<th>Today</th>
<th>Two Weeks Later</th>
<th>Points Per Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BALANCE</strong></td>
<td>How Well Did You Balance?</td>
<td>Seconds</td>
<td>Seconds</td>
<td>Give yourself one point for each second you stood on one leg.</td>
</tr>
<tr>
<td><strong>STRENGTH</strong></td>
<td>How Powerfully Did You Jump?</td>
<td>Feet</td>
<td>Feet</td>
<td>Give yourself 10 points for every foot you jumped.</td>
</tr>
<tr>
<td><strong>FLEXIBILITY</strong></td>
<td>How Far Did You Stretch?</td>
<td>Today</td>
<td>Two Weeks Later</td>
<td>Give yourself 10 points for thigh, 20 points for knee, 30 points for shin, 40 points for ankle, and 50 points for toes.</td>
</tr>
<tr>
<td><strong>CARDIO</strong></td>
<td>How Long Did You Prong?</td>
<td>Jumps</td>
<td>Jumps</td>
<td>Give yourself 5 points per jump.</td>
</tr>
</tbody>
</table>

**TOTALS**

**TOTAL POINTS TODAY:**

**TOTAL POINTS TWO WEEKS LATER:**


To learn more about the science of fitness, visit [www.aaas.org/fitness](http://www.aaas.org/fitness)
Exercise Helps Your Brain!

Regular exercise — running and jumping and anything else that gets your body moving and your heart pumping — is good for your brain as well as your body! Exercise improves your mood, your memory and your ability to focus on a task.

Exercise helps your brain’s:

- **FRONTAL LOBE** — lets you think and make good decisions.
- **HIPPOCAMPUS** (HIP-oh-CAMP-us) — helps store memories.
- **CEREBELLUM** (seh-ruh-BELL-um) — helps you keep your balance.
- **MOTOR CORTEX** — moves your muscles.

Other important parts of your brain are:

- **VISUAL CORTEX** — helps you see.
- **SENSORY CORTEX** — gives you your sense of touch.
- **SPINAL CORD** — carries messages between your brain and body.

Color in the different parts of this brain to make them easier to see!

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