Passport to Fitness

**AGE/GRADE LEVEL:** Adults and Older Adults

**FORMATION:** Learning stations around the room, each with a nutrition topic and a physical activity

**EQUIPMENT:** “Passports” for each participant; stickers or stamps for each activity; signs indicating nutrition topic and accompanying physical activity at each station

**RULES/DIRECTIONS:**
1. Participants move from station to station, performing physical activity for each nutrition topic. Examples:
   - Healthy Snacks station – Physical activity is shoulder rolls. Participant sits or stands with straight posture, rolls shoulders forward 10 times, then rolls shoulders backward 10 times.
   - Healthy Beverage station – Physical activity is side leg raises. Participant stands behind chair, holding its back with one hand. Keeping back and both legs straight, participant slowly lifts right leg 6-10 inches out to the side and holds leg in that position for 10 seconds. Repeats 5 times, then does same routine with left leg.

2. Passports are validated after completing the activity at each station.

**VARIATION:** Physical activity stations: Set up stations to perform different physical activities while the food bakes (example: Pizzas – assemble at table then go back to stations for physical activity while the pizzas bake).

**NUTRITION NOTE:** Create stations and activities based on the planned nutrition topic.

“Energizers for Nutrition Education” was developed by Health and Nutrition staff from the University of Minnesota Extension in July 2011. It was adapted with permission from the “Energizers Classroom-based Physical Activities” program developed by East Carolina University’s Activity Promotion Laboratory, North Carolina Department of Public Instruction, North Carolina Healthy Schools, and Be Active North Carolina. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this resource is available in alternative formats upon request. Direct requests to 1-888-241-4591. For more information on Health and Nutrition, visit [www.extension.umn.edu/family/health-and-nutrition/](http://www.extension.umn.edu/family/health-and-nutrition/).