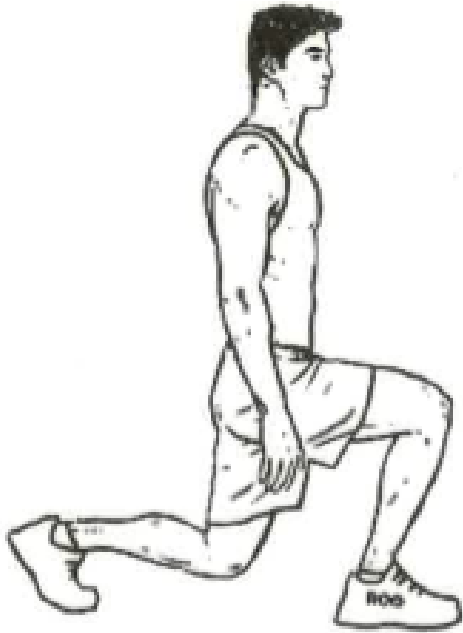




LUNGES

Endurance affects how much activity you can do without getting tired.



Procedure

- Step forward with one foot in a long stride.
- Make sure both feet are in a straight line and pointing forward.
- Keep your back upright as you bend and lower your back knee toward the floor, while raising your heel off the floor.
- At the same time, bend your front knee, while making sure it doesn't extend forward over your toes.
- Slowly straighten up and return to a standing position.
- Keep the motion up and down, not forward and back.
- Repeat on the other side.

Results

Lunges improve your endurance, which contributes to your overall fitness and helps you do more activity before getting tired.

Why?

Endurance includes the strength of your muscle fibers and the regulation of your heart rate while doing strenuous activity. Endurance exercises also increase the fat storing capabilities of your muscles, which means each muscle has more energy to use during exercise. With more endurance, exercising becomes less tiring and more productive over time.

To learn more about health, check out the Pink Palace Museum's *Fit Kids* passport and the *Tiger Hoops* exhibit.