



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Rockstar!

The focus of this activity is MUSCULAR ENDURANCE. Muscular endurance is the ability of a muscle to continue to perform without fatigue. Ready to build your Muscular Endurance ?! Click the activity link below to get moving and have fun:

- Activity Link:  
[https://www.youtube.com/watch?v=wbBx7JDmhyU&feature=emb\\_logo](https://www.youtube.com/watch?v=wbBx7JDmhyU&feature=emb_logo)

The benefits of Muscular Endurance

- Helps keep your heart healthy.
- Aides in weight control
- Improves mood and sleep quality
- Prevents age-related decline

Goal Setting

- What are some exercises/activities you can do to increase your muscular endurance each day? Set a goal and make a plan, you and your body will be a winner!