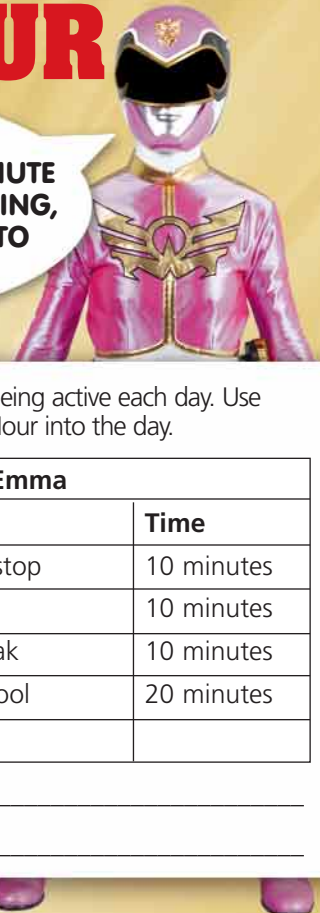


# PLAN A POWER HOUR



**YOU NEED AT LEAST 60 MINUTES OF PHYSICAL ACTIVITY EVERY DAY TO TRAIN LIKE A RANGER.**

**THAT MAY SEEM LIKE A LOT — BUT EVERY MINUTE YOU SPEND WALKING, RUNNING, OR PLAYING CAN ADD UP TO A POWER HOUR!**

**PART 1** These charts show how much time Troy and Emma spend being active each day. Use your adding skills to find out which Ranger packs a Power Hour into the day.

Troy	
Physical Activity	Time
Walking to school	10 minutes
Playing in P.E. class	10 minutes
Playing at lunch break	10 minutes
Martial arts after school	30 minutes
<b>Power Time Total</b>	

Emma	
Physical Activity	Time
Walking to the bus stop	10 minutes
Playing in P.E. class	10 minutes
Playing at lunch break	10 minutes
Bike riding after school	20 minutes
<b>Power Time Total</b>	

Which Ranger had a Power Hour? \_\_\_\_\_

How could the other Ranger get more powered up? \_\_\_\_\_

**PART 2** Now use this chart to plan your own Power Hour. First, fill in the physical activities you do on a typical school day and how much time you put into each one. Then add up your times to see if you are getting a Power Hour. If not, use the back of this sheet to plan how you will power up!

Physical Activity	Time
<b>Power Time Total</b>	

**WATCH THE NEW**  **ADVENTURES ON**  **BEGINNING FEBRUARY 2, 2013 SATURDAYS AT 1P/12C**

<http://empower.powerrangers.com>

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## Parents emPOWER Too!

Today, the Power Rangers are helping your child learn about the importance of daily physical activity. You can reinforce this lesson by visiting <http://empower.powerrangers.com>, where you can find **Train Like a Ranger** videos that you and your child can do together at home for a fun family workout. You can even nominate your child to be **Ranger of the Week** at the **Power Rangers emPOWER** Facebook page, [www.facebook.com/powerrangersempower](http://www.facebook.com/powerrangersempower).

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