



RACE FIT

Do you have what it takes?

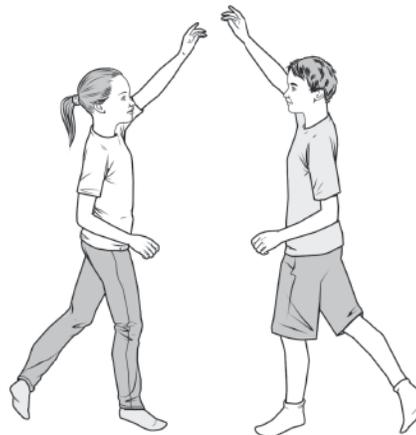
FOCUS • ENDURANCE • REFLEXES

FOCUS

With the noise of speeding cars whizzing by on the racetrack, NASCAR drivers have to stay focused. Sharpen your focus with these activities.

MIRROR, MIRROR

- 1 Grab a partner and stand facing each other. Choose one person to lead and the other to follow.
- 2 As the leader moves his or her body into interesting positions, the follower will mirror the leader by doing exactly the same motions.
- 3 After one or two minutes, switch so the other person is the leader.



YES, CREW CHIEF

- 1 With a partner, make a list of commands (for example: Turn left! Turn right! Jump! Squat! Spin!)
- 2 Choose one person to be the crew chief and one person to be the driver.
- 3 As the crew chief calls out 10 commands in a row, see if the driver can follow with no errors.

FOCUS CHECK!

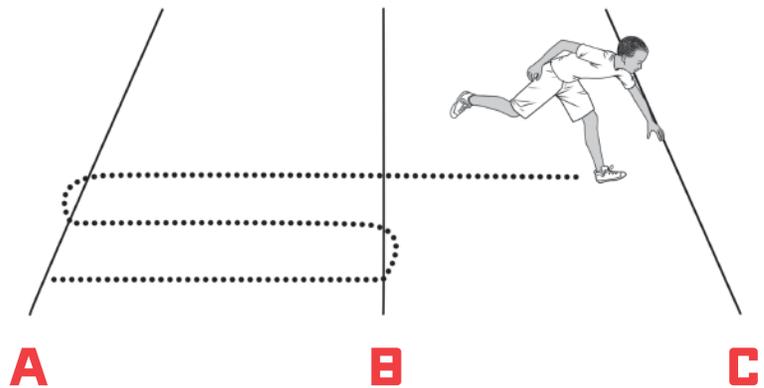
How long could you go without making a mistake? Try these exercises every day for a week. At the end of the week, did you improve your focus? Could you complete the exercises with no mistakes for a longer period of time?

⚡ ENDURANCE ⚡

Endurance is the ability to keep going with a task for a long time, even if it is difficult or challenging. NASCAR drivers need strong muscles so that they can stay in the driving position for hours at a time without cramping or getting tired. How good is your endurance?

REV YOUR ENGINES

- 1 On a playground or basketball court, choose three parallel lines at random and mentally label them as A, B, and C.
- 2 Start your timer and sprint from line A to line B as fast as you can. Then turn and sprint back without pausing.
- 3 Next sprint to line C, turn around and sprint to line B. Return to line C and sprint back to line A.
- 4 Repeat this series of sprints twice. After a one-minute rest, repeat.



TOP RACER

- 1 Pair up with a friend and stand side by side.
- 2 On "Ready, set, go!" race through the following tasks without stopping:
 - **Start your engines:** Do five push-ups.
 - **Race to the finish:** Run in place for two counts of 60.
 - **Cool down:** Lie on your back, tuck in your knees, and roll backward and forward five times.
- 3 Complete all three exercises in a row. Then, after a one-minute rest, repeat.

🔥 ENDURANCE CHECK!

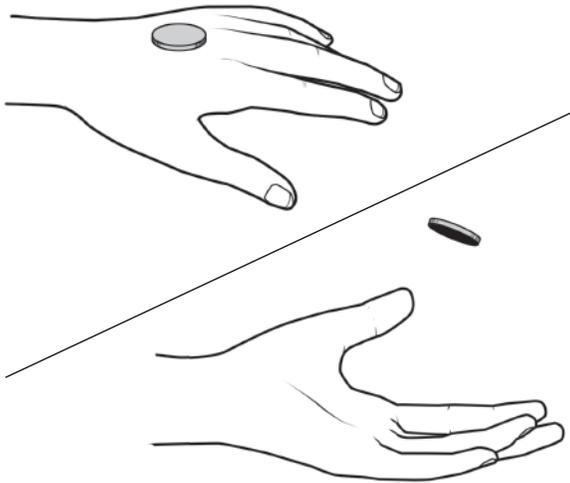
Were you able to complete the exercises without stopping?

Try these exercises every day for a week. At the end of the week, was it any easier to complete the activities? Did you improve your endurance? Can you do more exercises for a longer period of time?

REFLEXES

Reflex is how quickly you react to something. NASCAR drivers are moving so quickly that they see things whizzing by them at lightning speed. Their amazing reflexes help them avoid crashing as they speed around the track. Ready to fine-tune your reflexes?

SPLIT SECOND



- 1 Hold one of your hands out with your palm facing down. Place a coin on the back of your hand.
- 2 Toss the coin up and try to catch it with the same hand in one swift movement.
- 3 Repeat this activity 10 times and note how many times you were able to catch your coin. Then try again and see if you can beat your score.

TUNNEL VISION

- 1 Stand against a wall and have a friend stand 7 to 8 feet away.
- 2 Have your friend throw a foam ball or another soft object at you. Choose something that won't hurt! Dodge the ball before it hits you.
- 3 Have your friend throw the ball 10 times, then switch.
- 4 As both of your reflexes improve, move closer to each other so that there's less time to react. You can also fake a throw before actually throwing the ball to trick each other. See which one of you can dodge the most balls.

REFLEX CHECK!

How consistent were you at meeting the goal? Try these activities every day for a week. At the end of the week, did you improve your reflexes? Could you consistently get the same outcome for a longer period of time?