

STAY HEALTHY AND ACTIVE!

Ideas for staying healthy and active

- Engaging workout videos can be found here: www.gonoodle.com
- For health fueled by fun, check out this website: www.healthpoweredkids.org. It is filled with lots of quick ideas and mini-lessons focused on making health super fun for kids ages 3-14.

Below you will find a list of healthy and active choices. Try to log at least 1 hour of activity and two healthy choices daily on your calendar. Once you have filled in every day of your calendar turn it into your P.E. Teacher when school is back in session so they know how much you love to stay healthy and active!

eat a pear

skipping
swinging
soccer
do a non-locomotor
baseball
running
gymnastics

help carry groceries

tennis
stretching
biking
squats
planks
jumping jacks
vacuuming
whiffle ball
hop scotch

help a friend

hockey
build a fort
wash a car

take a shower

www.gonoodle.com
run in place
yoga

wash your hands

badminton

drink water

brush your hair

jumping rope
playing on a playground
march around outside
crab walk
cheerleading

clean the dishes

tag
basketball
dancing
hiking

eat some corn

walking your dog

floss your teeth

sweep the floor

make your own exercise video
hula hooping

clean your room

lesson from www.healthpoweredkids.org

doing cartwheels

play “follow the leader”

have a scavenger hunt

volleyball

make up a dance

help your sibling clean their room

jogging

lunges

brush your teeth

compliment someone

eat an orange

wash your hands for 20 seconds

balance on one foot as long as you can
pretend you are shooting a basketball
walk like a gorilla
jump like a kangaroo

hand wash a dish you used

seal crawl
frog jump

bear walk

eat a carrot

log roll

pencil roll

grapevine step

hop from one foot to the other

eat an apple

count how many steps it takes to walk around your room

eat a sweet potato

hold the push up position for 10 seconds

eat celery

perform a locomotor to a beat

dance during the commercials of your favorite tv show

walk in place while watching tv and rest during commercials

march around your living room

eat strawberries

eat blueberries

eat some pineapple

do modified jumping jacks

go outside and play

