

Dance party

Outside activities if weather permits

Youtube- just dance

Make up a routine – using equipment you have around the house (jump rope- basketball, dance)

Ride your bike

While watching tv- commercials-run in place, jumping jacks, mountain climbers

Set a timer for 5 mins- every time it goes off- do a different activity for 30 seconds or more

Make sure you are eating correctly- remember the plate (Grains, protein, dairy, vegetables, and fruits)
remember colors!!!

https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.syracuse.com%2Fnews%2F2011%2F06%2Ffood_pyramid_scrapped_food_plate.html&psig=AOvVaw2iUQ3Oetq_jR5ck6tv3d2y&ust=1584628713236000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCLjbuY6gpOgCFQAAAAAdAAAAABAD

Keep a journal of what you eat every meal- use crayons to show what colors the foods are

<https://cdn.vertex42.com/ExcelTemplates/Images/weekly-food-diary-template.png>

Hoops for heart activitiy:



heart.docx