



Wellness Walking Choice Board

Pick an activity below. This week do 10 out of 12 activities to meet your physical education requirement.

During Summer Vacation, keep this choice board on your wall or refrigerator for ideas for staying healthy and active.

Ask an adult to take you to a safe place to walk – like a park, a neighborhood sidewalk, or a nature trail. Can't walk outside, that's okay.

Turn your home into a walking trail. Play some fun music and walk inside!

Student Name:

<p>Hydrate with Water! Thirsty? That means your body needs WATER! Don't grab drinks with added sugar – grab good old-fashioned water.</p>	<p>Take the OPEN Leaf Walk. Use the pages included in your PE packet or click THIS LINK to download the Leaf Walk pages.</p>	<p>Fruit is the original snack food! For an entire day, eat fruit as your snacks. Skip all the other snacks and focus on fruits.</p>	<p>Walk with a friend or family member and talk about your favorite summer stuff – like warm weather, no homework, time with family, etc.</p>
<p>Jump-Jack-March-Repeat Do 10 jumping jacks and then march in place for 30 seconds. Now, repeat that 10 times.</p>	<p>Crunch your Veggies! Today is a veggie snack day. Grab the crunchy stuff – like carrots or celery – and crunch today's snacks.</p>	<p>Burpees for Better Health Alternate 5-burpees and 2-minutes of walking. You can walk around your home, your room, a yard or your block.</p>	<p>Try something new! Eating a variety of foods from all food groups is really important. Today, try a healthy food that you've never tried before.</p>
<p>Walk and DON'T talk. As you walk, listen to the sounds of the world around you. Pay attention to natural sounds, machine sounds, and human sounds. Wow – the world is a really interesting place to listen.</p>	<p>Your activity choice! Living a healthy and active lifestyle is all about making personal activity choices. You know what you like to do to <u>safely</u> move your body. Go do that for at least 15 minutes.</p>	<p>Walk with a friend or family member and ask them what their favorite foods are and why? Sometimes we have really great memories and our favorite foods help us remember people, places, and events we love.</p>	<p>Take a 15-minute WOG! A WOG is a combination of WALK and JOG. Begin walking. Then, lean forward and pick up the speed just a little. It's okay to take short, quick steps. If you can go 1 mile in just under 15 minutes, then you've set a good WOGGING pace.</p>

Highlight each choice-board square that you complete and then submit your completed board to your physical education teacher.