*WEEK 3 of 4*

**FITNESS PLAN:** A course of action designed to reach a desired level of fitness.

*My* ***fitness plan*** *includes a variety of physical activities that I enjoy.*

**6-Minute FITT Dice: [**[**YouTube**](https://youtu.be/YEstHvI4a9Y)**]**

Complete 8, 30-second exercise intervals that match the number rolled on the die. See FITT Dice Challenge Cards for different routines.

**Out & Back Wellness Walk:**

The object is to walk at a steady pace for 8 minutes. Walk away from the starting point for 4 minutes. At the 4-minute mark, turn around and walk back. At the end of the time you should be back at the starting point.

*WEEK 3 of 4*

**EMOTION:** A natural feeling that happens because of a specific situation or in a specific environment.

*Happiness is a good* ***emotion*** *that everyone wants to feel.*

**20 Questions (100 Reps): [**[**YouTube**](https://youtu.be/rZszkxsOwvc)**]**

Pick and exercise, physical activity, or healthy food. The class gets 20 yes/no questions to gain clues and guess what the exercise, activity, or food is.

The entire class must do 5 reps of a chosen exercise to earn a question. If the class ends up asking all 20 questions, they will do a total of 100 exercise reps.

When the exercise, activity, or food is guessed correctly, pick a new leader to think of a new topic.

[Interval Music on Apple Music](https://music.apple.com/us/artist/s2s-music/336840775)

*WEEK 3 of 4*

**RELAX:** To become less anxious. To de-stress.

*Kendra used equal breathing is a way to help the body and mind* ***relax****.*

**This or That: [**[**Vimeo**](https://vimeo.com/410414971)**]**

In this activity you will perform a tree pose if you agree with a statement that you hear. You will do jumping jacks if you disagree with the statement.

The leader will call out a statement about the things they like. For example, “Apples are my favorite fruit.” If you agree and apples are your favorite fruit, perform a tree pose. If grapes are your favorite fruit, perform jumping jacks.

Continue calling out statements, taking turns as leader.