**At Home Choice Board**

Hang this choice board near your safe physical activity space.

Choose an activity, get active, and have fun!

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| **Brain & Body Warm-Ups** | **Purposeful Practice** | **Just for Fun (and health)** |
| **Card Cardio Challenge****[**[**Vimeo**](https://vimeo.com/412845957)**]**Pull a card from a shuffled deck and then complete the exercise that matches the card you pulled. | **FITT Dice Challenge****[**[**YouTube**](https://youtu.be/YEstHvI4a9Y)**]**Complete 3 stations in 1-min or 3 sec intervals — Jump Station, Move Station, Stretch Station. | **Fitness Categories**Write 1 word per in each category that starts with the challenge letter given. |
| **Mission Possible [**[**Vimeo**](https://vimeo.com/404645238)**]**You get 3 minutes to complete a fitness mission. | **CYO****FITT Dice Challenge: [**[**YouTube**](https://youtu.be/YEstHvI4a9Y)**]**Use the worksheet to create a routine with 2 aerobic activities, 2 muscular fitness activities, and 2 mindful breathing activities. | **Exercise Word Scrambler**Use letters on the Word Scrambler Card to list the names of as many physical activity choices as you can. |
| **This or That****[**[**Vimeo**](https://vimeo.com/410414971)**]**Perform specific exercises if you agree or disagree with a statement. | **Out & Back****Wellness Walk:** The object is to walk at a steady pace. Walk away from the starting point for half of your set walking time. At the half-way mark, turn around and walk back. | **20 Questions****(100 Reps)****[**[**YouTube**](https://youtu.be/rZszkxsOwvc)**]**You get 20 questions to gain clues and guess a fitness-related word. Do 5 exercise reps to earn a question. |