

At Home Choice Board

Hang this choice board near your safe physical activity space.

Choose an activity, get active, and have fun!

Brain & Body Warm-Ups	Purposeful Practice	Just for Fun (and health)
<p>Card Cardio Challenge [Vimeo] Pull a card from a shuffled deck and then complete the exercise that matches the card you pulled.</p>	<p>FITT Dice Challenge [YouTube] Complete 3 stations in 1-min or 3 sec intervals — Jump Station, Move Station, Stretch Station.</p>	<p>Fitness Categories Write 1 word per in each category that starts with the challenge letter given.</p>
<p>Mission Possible [Vimeo] You get 3 minutes to complete a fitness mission.</p>	<p>CYO FITT Dice Challenge: [YouTube] Use the worksheet to create a routine with 2 aerobic activities, 2 muscular fitness activities, and 2 mindful breathing activities.</p>	<p>Exercise Word Scrambler Use letters on the Word Scrambler Card to list the names of as many physical activity choices as you can.</p>
<p>This or That [Vimeo] Perform specific exercises if you agree or disagree with a statement.</p>	<p>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.</p>	<p>20 Questions (100 Reps) [YouTube] You get 20 questions to gain clues and guess a fitness-related word. Do 5 exercise reps to earn a question.</p>

