

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

