

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>Balance & Breathe I: Hold your hand out flat in front of you. Balance 1 cup in your palm. Take 5 equal breathes (inhale 4 count, exhale 4 count). As you breathe, focus on balancing the cup.</p>	<p>Dynamic Warm-up: A 6-minute dynamic warm-up routine following the Fitness Fun warm-up interval card.</p>	<p>Nutrition Education Fortune Teller: Learn about nutrition using fun Nutrition Fortune Tellers. Pick the number that matches the picture of a super food. Next, choose the name of the food on the inside of the fortune teller. Next, open the flap, read the fun fact and complete the activity.</p>
<p>Balance & Breathe II: Balance the cup on any body part. Slowly walk in a small circle while balancing the cup. While walking, practice equal breathing with 4-count inhales and exhales.</p>	<p>Jump Rope Fitness: A 6-minute jump rope fitness routine following the interval routine card. If you don't have a jump rope, that's okay. Perform invisible jump rope skills throughout this routine.</p>	
<p>BLANK SPACE Create Your Own Choice</p>	<p>Plank Fitness: A 6-minute plank fitness routine following the interval routine card. If you're having trouble holding full plank position for the entire routine, it's okay to perform a modified or wall plank.</p>	