

Wellness Wednesday

BE ACTIVE IN SMALLER SPACES BINGO

Physical activity can be a part of your day - even if you're not able to be outside. Discover ways to use indoor movement. How many of the activities can you do?

Dance to your favorite song	Balance on a part of your body for 60 seconds	Touch your toes 10 times	Do moves in place, like running, jumping and hopping	Move around your space like your favorite animal
Wheelbarrow, crab, and bear-walk race	Create your own workout routine	Imaginary hula hoop while singing the ABC's	Jog in a circle 10 times	Reach up high. Reach to the side. Reach down low. Stretch your legs.
25 jumping jacks	Yoga pose: Hold down dog or tree pose for 20 seconds	FREE SPOT	Ride a bicycle on your back for 3 minutes	Make up a dance routine
Create your own indoor obstacle course	Skip or move for 2 minutes	Walk the stairs twice	Jump as high as you can 10 times	Animal Race: Hop like a bunny & waddle like a duck
Run in place, as fast as you can, for 30 seconds	Move and complete 10 laps of your house / room	Animal challenge: move like a snake	Clean-up Race: Set a timer to see how fast you can clean-up your space	5 pushups & 5 burpees

For more at-home wellness resources, visit:
https://nutritionservices.mpls.k12.mn.us/home_wellness_resources