



20 Minute at Home Cardio Workout

****All you need is yourself, a timer and motivation to get moving****

Time in Minutes	Exercise
0:00 – 2:00	Jog on the spot
2:00 – 3:00	Squat Jumps
3:00 – 5:00	Jog on the spot
5:00 – 6:00	Lunges
6:00 – 8:00	Jog on the spot
8:00 – 9:00	Mountain Climbers
9:00 – 10:00	REST
10:00 – 12:00	Jog on the spot
12:00 – 13:00	Jumping Jacks
13:00 – 15:00	Jog on the spot
15:00 – 16:00	Crunches
16:00 – 18:00	Jog on the spot
18:00 – 19:00	Mountain Climbers
19:00 – 20:00	Burpees

*Incorporate this workout as part of your recommended 30 minutes of exercise per day



Yoga Relaxation Activities

Option 1: https://www.youtube.com/watch?v=hJbRpHZr_d0

The above link will bring you to a yoga practice that is designed to reduce stress and anxiety. If you don't have a yoga mat, that is ok, you can perform this sequence outside or inside. In fact, any comfortable area of your choice will work. Follow the video and enjoy your experience!

Option 2: <https://www.youtube.com/watch?v=4EaMJ0o1jks>

The above link will bring you to a guided meditation that supports letting go of anxiety, fear and worries, by allowing you to be present. Being present is simply clearing the mind and focusing on the guided meditation and your breathing. If you have thoughts that enter your mind during the meditation, let them flow through and don't engage on these thoughts.

You can perform the meditation sitting, laying or in any other position. Feel free to use a blanket or pillows to support your body. The important thing is to be comfortable.

Warning: May cause feelings of relaxation





HEY KIDS



SWEAT YOUR WAY THROUGH THE WORD OF THE DAY

A - 10 BURPEES

B - 1 MINUTE PLANK

C - 20 HIGH KNEES

D - 15 MOUNTAIN CLIMBERS

E - 16 LUNGES

F - 25 SIT UPS

G - 15 SQUATS

H - 15 PUSH UPS

I - 1 MNUTE WALL SIT

J - 10 PUSH US

K - 15 SQUATS

L - 10 BURPEES

M - 10 JUMP SQUATS

N - 30 SEC. SIDE PLANK
(EACH SIDE)

O - 20 JUMPING JACKS

P - 30 HIGH KNEES

Q - 20 BURPEES

R - 15 RUSSIAN TWISTS

S - 10 COMMANDOS

T - 10 DONKEY KICKS

U - 45 SEC PLANK

V - 15 LEG RAISES

W - 15 TRICEP DIPS

X - 15 PLANK JACKS

Y - 15 BURPEES

Z - 20 SIT UPS

This week there will be two words:

HAPPY EASTER



HPE Neighborhood Exploration Challenge

The Neighborhood Exploration Challenge encourages you to investigate your neighborhood and search for a list of items while getting a healthy dose of physical activity and fun!

Material:

- List of items provided (add/subtract items as you see fit)
- Writing Utensil (not mandatory)
- Timer
- Running shoes

How to Play:

- While walking, jogging or running see how long it takes to find all the items on the neighborhood exploration checklist.
- Race against the clock! See how long it takes you to find all the items. Once completed see if you can beat your original time!
- Extra challenge! Once you have completed your list, challenge someone in your household to beat your time.

Safety:

- Stay 2m away from people as you move through your neighborhood!
- Pay attention to your surroundings
- Be courteous of other people and move out of the way
- Watch for vehicles moving or parked
- Do not trespass on someone else's property – stay on sidewalks and roads

Neighborhood Exploration Item List:

- | | | |
|---|--------------------------------|-------------------------------|
| • Something Hairy/Furry | • 2 Kinds of Seeds | • 2 Pieces of Litter |
| • Spider Web | • Something Smooth | • Something Rough |
| • 3 Different Types of Leaves/Trees | • Something That Makes a Noise | • Something with a Hole in it |
| • A Unique Rock | • A Pinecone | • Something Blue |
| • Piece of Bark | • Something Red | • Sports Equipment |
| • Two Car Garage | • A Pet | • Bicycle |
| • Garbage Can | • Traffic Sign | • 2 Different Birds |
| • Bonus: Pick up one piece of litter and dispose of it properly at the end of your activity. | | |

Wellness Corner

This week's resources will include some mental and physical wellness.

Mental wellness:

1.) This article is about protecting your mental health during COVID-19.

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

2.) This article highlights the mental health benefits of exercise.

<https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>

Physical wellness:

1.) Darebee.com is a website that offers fitness on your terms. Below are links to the website as well as a couple of programs. Please visit the website to explore a variety of workouts that may fit your needs.

<https://darebee.com/>

<https://darebee.com/challenges/iron-core-challenge.html>

<https://darebee.com/workouts/cant-touch-this-workout.html>

2.) This article focuses on 10 ways to get 10 minutes of exercise every day.

https://www.thestar.com/life/health_wellness/2014/10/07/10_ways_to_get_10_minutes_of_exercise.html

3.) This website is a great opportunity for you and your friends/family to challenge yourselves. You will find a variety of fitness testing here.

<https://www.topendsports.com/testing/tests/index.htm>