

PE Choice Board



Use the Fill color tool to change the color in the cell for each activity you do!

Do 1 activity for each day we are out of school.



<p>Do some form of weights. If you don't have weights try this canned food workout</p>	<p>Take a 24 hour break from Social Media The Health Benefits</p>	<p>Try this easy and quick 7 minute workout</p>	<p>Make a healthy recipe for your family. Try one of these!</p>
<p>Install a 5 minute workout app on your phone and do one of the exercises. Android ~ iPhone</p>	<p>Eliminate an unhealthy food or drink choice for the day</p>	<p>Walk 10000 steps in one day. Track your steps with one of these phone apps. Android ~ iPhone</p>	<p>Meditate for 10 minutes Listen to these sounds!</p>
<p>Repeat an activity from ANY other square</p>	<p>Try 3 yoga poses OR this intro to yoga video</p>	<p>Record the food you eat in a journal or food app like Fitness Pal Android ~ iPhone</p>	<p>Eat 3 servings of vegetables each day we are out of school.</p>
<p>Try these PARTNER YOGA poses with a sibling or parent.</p>	<p>Get 7-9 hours of sleep each day we are out of school. Here is why it is important</p>	<p>Don't be a total COUCH POTATO! Try these chair exercises while you binge on your favorite</p>	<p>Try one of these Youtube Warmups with your family.</p>