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## DSHINES for Healthy Kids

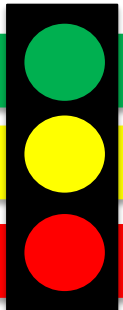
### Physical Activity and Healthy Eating Activities

**Week Two: March 30th - April 3rd**  
**Level: Middle School**

Use the calendar overview below to help you plan your week. Click on the dates at the top of each column to go directly to the specific lesson for that day (or just keep scrolling down).

Monday (3-30)	Tuesday (3-31)	Wednesday (4-1)	Thursday (4-2)	Friday (4-3)
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
<ul style="list-style-type: none"> <li>No-equipment, upper body workout</li> <li>Doja Cat - dance video</li> </ul>	<ul style="list-style-type: none"> <li>Yoga: Warrior Strength</li> <li>Slide up and back video</li> <li>Slide and glide video</li> </ul>	<ul style="list-style-type: none"> <li>Workout of the day (WOD)</li> <li>Extended WOD</li> <li>Wall-sit challenge</li> </ul>	<ul style="list-style-type: none"> <li>Yoga: Crazy 8</li> <li>Kickboxing</li> </ul>	<ul style="list-style-type: none"> <li>No-jumping cardio</li> <li>Circuit training with ab workout</li> </ul>
Healthy Eating/Nutrition	Healthy Eating/Nutrition	Healthy Eating/Nutrition	Healthy Eating/Nutrition	Healthy Eating/Nutrition
<ul style="list-style-type: none"> <li>Go – Slow – Whoa Foods</li> </ul>	<ul style="list-style-type: none"> <li>Citrus-infused water</li> </ul>	<ul style="list-style-type: none"> <li>Whole grain cheerio bars</li> </ul>	<ul style="list-style-type: none"> <li>Crack the <i>My Plate</i> code</li> </ul>	<ul style="list-style-type: none"> <li>Create your own healthy smoothie</li> </ul>

This week, we have three different levels of physical activities:



- Green:** The “green” activity will get you started moving – try this activity at a pace that you can continue for at least 5-10 minutes without getting overly tired.
- Yellow:** Up your intensity by adding the “yellow” activity to your exercise plan today. As your stamina improves, gradually increase the amount of time you exercise.
- Red:** If you're feeling up for more of a challenge, level up by combining the “green” + the “yellow” activities. You should aim to be physically active for 60-minutes a day!

Are you enjoying our activities? Want to challenge your friends to do them too? Follow us on social media and show us your sweaty selfies!

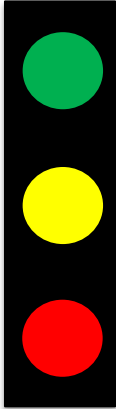
- Facebook: *Wayne State University Kinesiology, Health & Sports Studies*
- Twitter: *Wayne State KHS*
- Instagram: *WSUKHS*

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## Monday, March 30th

### Physical Activity

We should all aim to get 60-minutes of physical activity throughout the day. The good news is that smaller bouts of activity that add up to 60-minutes are just as beneficial as one longer one!



You can get a great upper-body workout today, no equipment necessary! This short video gives you exercises that focus on your arms and shoulders.

(Time: 5 minutes)

- <https://www.youtube.com/watch?v=x2Ct9HIDkEI&feature=youtu.be>
  - download the document to get the live link

A great way to get physical activity is to learn a fun new dance. Today, try the Tik Tok video "Doja Cat: Say So". Keep practicing until you have it down!

- <https://www.youtube.com/watch?v=gyThg03Olp8>
  - download the document to get the live link

Feeling up to the challenge today? Do both the upper-body workout and the Doja Cat dance! Post your dance to Tik Tok or Instagram and use the #healthykidsquarantined

### Nutrition and Healthy Eating

Handouts: [Go-Slow-Whoa Tracker](#) (download the document to get the live link)

Sometimes we think about food as being "good" or "bad." Instead of this, try thinking about food using the words Go, Slow, and Whoa. Just like a stop light we can think about our food having Go, Slow, and Whoa foods:

- Think of the healthiest foods as "go" foods. Goods that are GO foods might be steamed or raw veggies and skim or low-fat milk that are good to eat almost anytime.
- Foods that are OK to eat sometimes are referred to as "slow" foods. Foods like hamburgers or pancakes aren't off limits — but they shouldn't be eaten every day. At most, you'll want to eat these foods just a couple of times a week.
- Some foods should make you stop, think, and say, "Whoa! Should I eat that?" Whoa foods are once in a while foods. Some examples are french fries and ice cream.

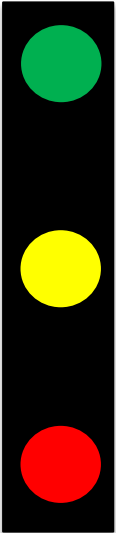
Today, try to use the Go-Slow-Woah tracker handout to learn more about what foods fit in each category and track your foods for a day or two. How many "go, slow, or whoa" foods did you eat today?

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**Tuesday, March 31st**

### **Physical Activity**

(Handout: [Warrior yoga flow for strength](#))



Did you know that learning how to take deep breaths can help you relax and better manage stress? Start today with some “Ocean Breaths” from KWIO:

- <https://youtu.be/9jV\BMoazco> (Time: 2:36)
  - [download the document to get the live link](#)

Now try **Warrior Yoga Flow for Strength** that focuses on building strong, lean muscle!

- [https://youtu.be/ZB\\_wp9yad-0](https://youtu.be/ZB_wp9yad-0) (Time: 6:40)
  - [download the document to get the live link](#)

Hip Hop Public Health’s Slide and Glide video is a fun sequence of moves that you can build on to get the full exercise benefit!

- Slide Up + Back: <https://hhph.org/resources/slide-up-back/> (Time: 2:34)
  - [download the document to get the live link](#)
- Now try Slide + Glide: <https://hhph.org/resources/slide-n-glide-extended-mix/> (Time: 11:00)
  - [download the document to get the live link](#)

Today’s “red” activity involves combining the yoga activity with the slide + glide dance. The yoga helps to improve your flexibility and balance and the hip hop gets your heart pumping!

### **Nutrition and Healthy Eating**

Vitamin C to the rescue! Citrus fruits are sources of many essential nutrients that are under consumed, including potassium, dietary fiber, and vitamin C. Vitamin C is important for growth and repair of all body tissues, helps heal cuts and wounds, keeps teeth and gums healthy, and supports our immune system.

**Citrus Infused Water:** Try this infused water recipe. It is easy to make with any combination of citrus fruits: orange, lemon, and/or lime slices. It’s a perfect way to use Vitamin C rich citrus fruits to make your water more flavorful.

#### **Ingredients:**

- ½ lemon
- ½ orange
- ½ lime
- 8-12 oz. of water

#### **Instructions:**

1. Cut the orange into wedges, cut the lemon and lime rounds in half to make two semicircles of each
2. Drop the fruit into the bottle, alternating between fruits so that they are well mixed
3. Fill the bottle to the top with cold water
4. Leave to infuse for 10 minutes then serve and enjoy!
5. Refill the fruit-filled bottle all day long for a delicious and refreshing drink.

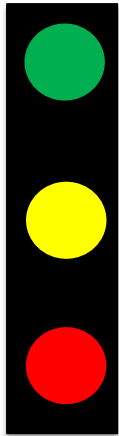
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**Wednesday, April 1st**

### **Physical Activity**

Regular physical activity has many benefits, including improved muscle and bone strength, better ability to learn, and a reduced risk of depression.



Workout of the Day (WOD)!

- Use [this A-B-C exercise guide](#) (with video demonstrations)
  - [\(download the document to get the live link\)](#)
- Using the associated exercises, spell “EMPOWER”. Empowerment is the process of getting stronger and more confident. You’re getting empowered by exercise!

Your ‘yellow’ challenge today is to extend the WOD:

- Use [this A-B-C exercise guide](#) [\(download the document to get the live link\)](#)
- Using the associated exercises, spell “EMPOWERMENT”

Today’s “red” activity involves challenging your friends to be physically active with you! On social media (Instagram, Tik Tok, Twitter, Facebook), do a 1-minute wall sit, and then challenge 10 of your friends to do it too! Use #healthykidsquarantined

### **Nutrition and Healthy Eating**

A healthy diet should include **whole grains** because they are packed with nutrients including protein, fiber, B vitamins, antioxidants. A diet rich in whole grains has been shown to reduce the risk of type 2 diabetes, obesity, and heart disease. Not all grains are created equal though – check the ingredient list for the word “whole” before the grain listed (like “whole wheat flour”) to be sure it’s *actually* whole grain!

#### **Three Ingredient Cheerio Bars**

These no-bake Peanut Butter Cheerio Bars are easy to make with just three simple ingredients: whole grain cheerios, peanut butter, and honey. They're perfect for breakfast or as a quick grab-n-go snack.

#### **Ingredients:**

3 cups Whole Grain Cheerios

3/4 cup peanut butter

1/2 cup honey

#### **Instructions:**

1. Line an 8x8 pan with parchment paper or foil; set aside.
2. In a medium sauce pan, heat the peanut butter and honey over medium heat until melted and well combined.
3. Remove from the heat and stir in the Cheerios.
4. Place the mixture in your prepared pan and press into place.
5. Cover and refrigerate for at least 1 hour before cutting.
6. Keep any leftovers stored in the fridge.

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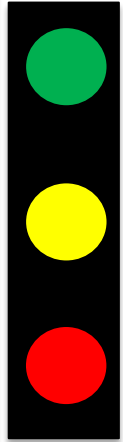
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**Thursday, April 2nd**

### **Physical Activity**

Handout: [Lazy 8 yoga flow](#)



Today's yoga flow is called Lazy Eight Yoga Flow – but there isn't anything easy or lazy about it! Rather, it's slow, thoughtful, and grounding.

- Lazy Eight Yoga Flow: <https://youtu.be/m-iGKkz-fRY> (Time: 8 minutes)
  - [Download the document to get the live link](#)

Kickboxing is a high-intensity way to workout! This video combines dance, fitness, and boxing and requires no equipment – are you ready to kick it?

- <https://www.youtube.com/watch?v=6oLg5fFe5ww> (Time: 32 minutes)
  - [Download the document to get the live link](#)

Today's "red" activity involves combining the yoga flow with the kickboxing workout. The combination of activities will help you feel strong!

### **Nutrition and Healthy Eating**

(Handouts: [My Plate Activity Code](#); [Answer Key](#))

[Download the document to get the live links](#)

#### **Crack the Code of My Plate!**

Can you crack the nutrition code on the My Plate activity sheet? Using the USDA MyPlate Healthy Eating guidelines, each code unlocks keys to healthy eating choices.

Try listening to Hip Hop Public Health's sound track, *You Are What You Eat*, while you complete the activity – it's a catchy way to remember to eat healthy!

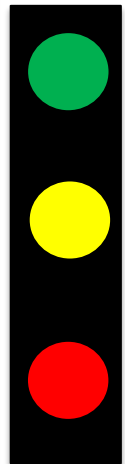
- <https://hhph.org/resources/u-r-what-you-eat/>
  - [Download the document to get the live link](#)

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## Friday, April 3rd

### Physical Activity

Experts recommend that we get 60-minutes of activity each day; three days a week should be focused on aerobic activity that gets your heart pumping, three times a week we should include muscle strengthening exercises, and at least three days a week of bone-strengthening activities.



This 10-minute cardio workout from *MadFit* is equipment-free and includes no-jumping exercises. It's a great way to get your heart pumping and build muscle!

- <https://www.youtube.com/watch?v=Az4Us95tQgg> (Time: 10 minutes)
  - Download the document to get the live link

Let's get our heart-rate up with low-impact, full-body exercise! This no-equipment workout will get you moving!

- <https://www.youtube.com/watch?v=JkVHrA5o23o> (Time: 22 minutes)
  - Download the document to get the live link

If you're feeling up for more of a challenge, try both the 10-minute + 22-minute workouts for your "red" activity today. You should aim to be physically active for 60-minutes a day!

### Nutrition and Healthy Eating

A healthy diet includes eating five to nine servings of fruits and vegetables per day. Last week we made a fruit smoothie, but did you also know smoothies are a great way to sneak in vegetables without even tasting them? Try this fruit and veggie smoothie to maximize the health benefit!

#### Fruit & Veggie Smoothie:

- 1 cup milk
- 1 small banana, fresh or frozen
- 1/2 cup fresh or frozen fruit (blueberries, strawberries, mango, apple, or kiwi)
- 1/2 cup veggies (kale, spinach, raw fresh or frozen chopped cauliflower, raw fresh or frozen sliced zucchini, raw fresh or frozen sliced summer squash, roasted sweet potato, roasted butternut squash, steamed diced beets)
- Adding ice will make this taste like a delicious frozen treat!

#### Instructions:

Add chosen ingredients to a blender and blend until very smooth, stopping to scrape down the sides of the bowl and adding more liquid, if needed. Serve immediately.