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Dearborn SHINES for Healthy Kids Physical Activity and Healthy Eating Activities

Week Six: April 27 – May 1
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 (4-27)	Tuesday (4-28)	Wednesday (4-29)	Thursday (4-30)	Friday (5-1)
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
<ul style="list-style-type: none"> • “The Greatest Show” dance • Cardio strength workout 	<ul style="list-style-type: none"> • Slow flow yoga • HIIT workout 	<ul style="list-style-type: none"> • International dance day! • HHPH’s Bounce dance • #20SecondsorMore Challenge 	<ul style="list-style-type: none"> • Cardio yoga flow • Throwback Thursday: 80’s dance 	<ul style="list-style-type: none"> • Cardio boxing workout • Core workout
Healthy Eating/Nutrition	Healthy Eating/Nutrition	Healthy Eating/Nutrition	Healthy Eating/Nutrition	Healthy Eating/Nutrition
<ul style="list-style-type: none"> • Healthy snack tips 	<ul style="list-style-type: none"> • Fizzy water! 	<ul style="list-style-type: none"> • Healthy snack hack: banana nice cream 	<ul style="list-style-type: none"> • Benefits of Vitamin C 	<ul style="list-style-type: none"> • Create your own healthy smoothie



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.

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.

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 use [#HealthyKidsQuarantined](#) to show us your sweaty selfies!

- Facebook: [Wayne State University Kinesiology, Health & Sports Studies](#)
- Twitter: [Wayne State KHS](#)

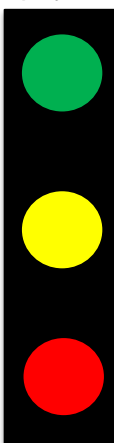
- Instagram: *WSUKHS*

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Monday, April 27th

Physical Activity

Staying inside during home quarantine lowers our exposure to sunlight which can throw off our body's natural rhythms. This is why some of us find that our sleep/wake cycle is disrupted – which can impact our focus, and make us feel out of sorts. Exercise can help! Even short bouts of physical activity can do wonders for your energy – so get up, stretch, and move your body!



'The Greatest Showman' is a movie with some fantastic dance scenes. Learn to dance the "Greatest Show" dance with one of the stars of the movie:

- <https://youtu.be/qlPRDVqYO74> (Time: 2:41 – but you'll want to practice!)

Let's focus on building strength today with a full body workout! Substitutes for equipment include: no weights or water bottles for dumbbells and a chair for the jump box.

- <https://youtu.be/cM-veFpQFnQ> (Time: 41:53)

Feeling up to the challenge today? Do both the dance and the strength workouts! Post your dance to Tik Tok or Instagram and use the *#healthykidsquarantined*

Nutrition and Healthy Eating


Snacks often get a bad rap – but they CAN be healthy! Snacks give us energy between meals and if we make good choices can help prevent overeating when you get really hungry. Foods that fit into MyPlate food groups make great anytime snacks: fruits, vegetables, low-fat dairy, whole grains, and lean protein, like nuts or seeds. Items like cookies, cake, candy, chips, pop/soda don't make good snacks because they are high in fat, sugar, or salt. These types of snacks also don't fill us up, so you're likely to be unsatisfied after eating them (which is why we eat so many chips!).

Check out these tips for making healthy snacks at home: [Making Great Tasting Snacks](#)

This week try frozen grapes for a healthy and sweet snack you are sure to love!

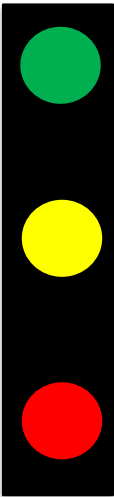
Frozen Grapes:

1. Rinse grapes in cold water for 30 seconds
2. Gently pull grapes from their stem and place on a clean kitchen towel
3. Place all the rinsed grapes into a Ziploc bag and put the bag into the freezer
4. Freeze the grapes for 8 hours

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Tuesday, April 28th

Physical Activity

Executive functioning includes mental skills that allow us to plan and organize, focus, remember things, and make decisions. One of the few ways to improve our executive functioning is through physical activity. Research tells us that young adults who exercise have faster reaction time and better working memory. All the more reason to get moving!



Today's yoga, the *Slow Flow*, from the Kids Work It Out program focuses on movement-based mindfulness, which improves executive functions like memory, flexible thinking, and self-control.

- <https://youtu.be/WezQOr3PfHY> (Time: 7:50)
- Handout: [Slow Flow](#)

This low impact cardio workout will get your heart pumping, build your cardiovascular endurance, and improve your muscle and bone strength. Today, try this HIIT workout that will challenge every muscle group!

- <https://youtu.be/Lhkm4dNCK9Y> (Time: 38:59)

Today's "red" activity involves combining the yoga activity with the HIIT workout. Are you up for the challenge?

Nutrition and Healthy Eating

Fizzy Water!

You likely know how important water is for your body to function – we literally can't live without it! But, sometimes you probably still have a craving for sweet and fizzy pop. Drinking pop can pack sugar into your diet, add hundreds of unnecessary calories to your daily intake, and causes cavities! For a great, fizzy treat, try this pop alternative:

Start with your favorite kind of juice – make sure it's 100% juice with no added sugar. (Try apple, cranberry, or grape. Add ¼ cup of juice into 1 cup of sparkling water. Stir it well and drink it over ice. This adds flavor and bubbles without the added sugar, while still giving you plenty of hydration.

Share your creations and recipes by posting online, using *#healthykidsquarantined!* Remember to stay hydrated!



WAYNE STATE

College of Education

Center for Health and
Community Impact

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Wednesday, April 29th

Physical Activity

Today is International Dance Day! Let's celebrate by dancing with Hip Hop Public Health. Start out with learning some fun moves and then join us in the #20secondsormore challenge on TikTok!

1. Start with the basic moves in "Dribble Bounce" by Hip Hop Public Health
 - <https://hhph.org/resources/dribble-bounce/> (Time: 2:28)
2. Now, try your skills by trying the Bounce moves
 - <https://hhph.org/resources/bounce/> (Time: 7:24)
3. If you really want to challenge your skills, check out this extended Bounce dance
 - <https://hhph.org/resources/bounce-extended-mix/> (12:27)

We challenge you to join some Hip Hop greats in the #20SecondsOrMore challenge!

- First watch: <https://hhph.org/resources/20-seconds-or-more-video/> (Time 3:29)
- Now use some of your new moves and make your own video about washing your hands! Participate in the #20secondsormore Challenge on TikTok! Tag #healthykidsquarantined #20secondsormore and #hiphoppublichealth
- Check out other #20SecondsOrMore videos on TikTok and Facebook!

Nutrition and Healthy Eating

Healthy Snack Hack: Banana 'Nice' Cream

Desserts mostly fall under the category of a "Whoa" food, or something that we only eat every once in a while. When you find yourself looking for something sweet like dessert, a good substitute is fruit. But fruit doesn't have to be boring – this banana 'nice' cream is a healthy twist on an ice cream dessert!

Ingredients:

- 2-3 ripe bananas (make sure they are ripe!)
- ¼ cup of milk (any type you like, our favorite is almond!)
- Pinch of salt
- Mix-ins of your choosing

Directions:

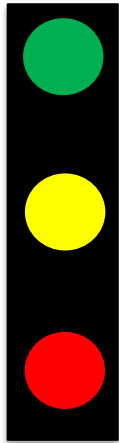
When your bananas are ripe, peel them and cut them into big chunks. Put them in an airtight container or bag and freeze them. Once frozen, put all ingredients in a blender or food processor and blend until you get a soft-serve texture (adding more or less milk as needed). Serve immediately, or pop back into the freezer for 30 minutes to firm it up. There are so many options to customize this like your favorite ice cream flavor – see [this site](#) for lots of ideas!

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Thursday, April 30th

Physical Activity

Today's workout involves yoga and dance, which use resistance to improve coordination, balance, and flexibility. These are important physical traits to build your endurance and strength!



Today's KWIO yoga sequence is a "Cardio Yoga Flow." This fast-paced yoga flow will get your heart beating and strengthen your muscles!

- <https://youtu.be/G4yYtHTeQa0> (Time: 7:03)
- Handout: [Cardio yoga flow](#)

It's throwback Thursday! Learn a short dance routine and work up a sweat to a mix of the best 80's tracks.

- <https://youtu.be/jhTRaXg5pSo> (Time: 11:10)

Today, combine the yoga flow and practice the dance video until you've got the moves down! Work up a sweat and keep your body strong and healthy!

Nutrition and Healthy Eating

Has anyone ever told you to take Vitamin C when you're getting a cold? It's for good reason! Vitamin C is very helpful in boosting your immune system and resisting infection, so it helps your body fight off germs that make you sick. Vitamin C does more than just boost your immunity, it also helps your body heal wounds, keeps your tissue like your gums and blood vessels healthy, and makes your cartilage, bones, and teeth strong.

Try one of these foods to get your daily dose of Vitamin C:

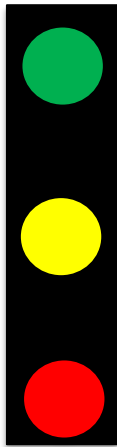
- | | |
|-------------------------------|---------------------|
| • citrus fruits, like oranges | • broccoli |
| • cantaloupe | • cabbage |
| • strawberries | • kiwi fruit |
| • tomatoes | • sweet red peppers |

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Friday, May 1st

Physical Activity

If you're just getting started with exercise, you should be encouraged to know that even small improvements in exercise levels create a response in your brain that makes exercise become more rewarding! So keep going!



It's Friday! Let's kick off the weekend with an epic cardio boxing workout from *PopSugar*. This 45-minute workout mixes high-intensity conditioning, boxing, kickboxing, and bodyweight strength training moves.

- https://youtu.be/lujcE3FGL_U (Time: 45:35)

Try this quick core workout to stretch and strengthen your abdominal muscles. A strong core is essential for balance, posture, and stability.

- <https://youtu.be/DESgdqEbT2Q> (Time: 7:00)

Get someone in your family moving with you! Ask a parent or sibling to join you for your workout today, or go for a walk or bike ride. No one at home to exercise with? Challenge a friend online!

Nutrition and Healthy Eating

Vitamin C Booster Smoothie

Yesterday, we learned that Vitamin C provides many benefits like preventing sickness! Try this Vitamin C Booster smoothie that not only tastes delicious but it's chocked full of the good stuff to keep you healthy.

Ingredients:

- 1 orange peeled and de-segmented
- 1 chopped banana fresh or frozen
- 1 cup low fat milk
- 1 cup ice
- Optional Vitamin C-rich additions (½ cup strawberries, ½ cup pineapple; 1 carrot)

Directions:

Mix in a blender and pulse until smooth. Serve immediately while cold. Share your smoothie creations by posting it online, using *#healthykidsquarantined!*