

Click on the  in the top right corner to download the document for live links.

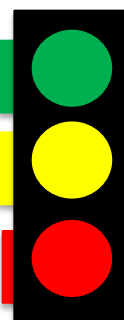
DSHINES for Healthy Kids Physical Activity and Healthy Eating Activities

Week Five: April 20 – April 24
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 (4-20)	Tuesday (4-21)	Wednesday (4-22)	Thursday (4-23)	Friday (4-24)
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
<ul style="list-style-type: none"> Fortnight dance tutorial Arms & abs bodyweight workout 	<ul style="list-style-type: none"> Strength yoga flow Plyometric workout 	<ul style="list-style-type: none"> Workout of the day (WOD) Extended WOD Burpee challenge 	<ul style="list-style-type: none"> Strong back yoga flow Throwback Thursday: U Cant Touch This 	<ul style="list-style-type: none"> Walking workout 20-minute kids' workout
Healthy Eating/Nutrition	Healthy Eating/Nutrition	Healthy Eating/Nutrition	Healthy Eating/Nutrition	Healthy Eating/Nutrition
<ul style="list-style-type: none"> Eat the *frozen* rainbow 	<ul style="list-style-type: none"> Wonderful rainbow water! 	<ul style="list-style-type: none"> Healthy snack hack: trail mix 	<ul style="list-style-type: none"> Benefits of Vitamin B 	<ul style="list-style-type: none"> Create your own healthy smoothie

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



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!

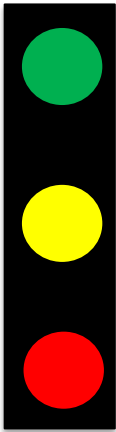
- Facebook: [Wayne State University Kinesiology, Health & Sports Studies](#)
- Twitter: [Wayne State KHS](#)
- Instagram: [WSUKHS](#)

Click on the  in the top right corner to download the document for live links.

Monday, April 20th

Physical Activity

Did you know that exercise can actually make you happier? When you exercise, your body releases endorphins, the body's "happy chemicals." In fact, some studies show that exercise can be as effective as antidepressants for your mental health. Up your mood today with some movement!



Even if you're not a Fortnite player, you've probably seen the memorable dances. Today, try some Fortnite dances like the Orange Justice or the Hype:

- Watch them: <https://youtu.be/CMSYERluC5A> (Time: 6:41)
- Learn them: https://youtu.be/e8ew_nFgx04 (Time: 12:18)

Let's focus on building strength today by working on arms and abs with this 20-minute bodyweight workout – no equipment required!

- <https://youtu.be/KtpbWUSiKec> (Time: 20:40)

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

Eating the rainbow ensures that you are getting a variety of fruits and vegetables that keep your body healthy and strong. But sometimes fresh food isn't always an option. Frozen produce is usually less expensive and you don't have to worry about spoiling before you get to eat it.

Here are some of the best and most nutritious options to eat the *frozen* rainbow:

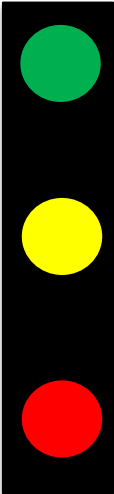
- **berries and cherries** are much more affordable when you buy them frozen. Use them in smoothies, add them to your favorite yogurt, or as a snack straight from the freezer!
- **green veggies**, like broccoli, beans, edamame, or brussel sprouts are a great frozen option and are often easier to prepare than their fresh counterparts. Pop them in the microwave or sauté them for a nutritious side dish for dinner.
- **cauliflower rice** is a great substitute for white rice - it has the same texture and lots more health benefits. The frozen bagged option is inexpensive, easy, and long lasting.
- **chopped onion** is a cheap, easy, and convenient way to add quick flavor to recipes without the watery eyes and chopping!
- **mixed veggies** are an easy addition to lots of meals - steam them or use them in soups, stews, curries, stir-fries, slow-cooker meals, and even casseroles.

Click on the  in the top right corner to download the document for live links.

Tuesday, April 21st

Physical Activity

Handout: [Strength Yoga Flow](#)



Today's yoga, the *Strength Flow*, from the Kids Work It Out program starts with an energizing 'bunny breath' exercise and then focuses on strengthening and stretching the legs, hips, and sides of the waist.

- <https://youtu.be/ZJNqcBcNTcM> (Time: 4:41)

For today's workout, we're focusing on training your lower half – with a plyometric workout that will make you work up a sweat!

- <https://youtu.be/bmA-avXjhUE> (Time: 43:28)

Today's "red" activity involves combining the yoga activity with the plyometric workout. The yoga helps to improve your flexibility and balance and the plyos will get your heart pumping!

Nutrition and Healthy Eating

Wonderful Rainbow Water!

Did you know that many popular drinks like soda, sports drinks and even juice can have as much as 10 teaspoons of sugar added? Yikes! That much sugar is not good for our bodies or our teeth. Did you also know that water has zero sugar? This is what makes water our healthiest drink. But healthy does not need to be boring!

This week as we work to eat the rainbow, let's also try to flavor our water using as a rainbow of fruits and veggies. Here are some ideas to make your way across the rainbow try adding:

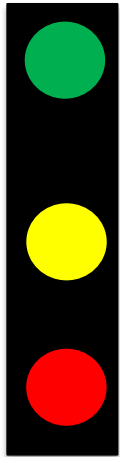
- RED: watermelon and/or strawberries
- ORANGE: orange slices
- YELLOW: lemon slices
- GREEN: cucumbers slices
- BLUE: blueberries
- VIOLET: blackberries
- RAINBOW: build a rainbow drink by adding any or all of the above options!

Click on the  in the top right corner to download the document for live links.

Wednesday, April 22nd

Physical Activity

Happy Earth Day! Today, if you're able, aim to do your workout outside – taking care of our bodies outdoors helps us remember the importance of taking care of our environment, too!



Earth Day Workout of the Day (WOD)!

- Use [this A-B-C exercise guide](#) (with video demonstrations)
- Using the associated exercises, spell “**SUSTAIN**”. To sustain means to strengthen or support physically or mentally.

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

- Use [this A-B-C exercise guide](#):
- Using the associated exercises, spell “**SUSTAINABLE!**”

Today’s “red” activity involves challenging your friends to be physically active with you! On social media (Instagram, TikTok, Twitter, Facebook), do 10 burpees, and then challenge 5 of your friends to do it too! To tag us, use *#healthykidsquarantined*

Nutrition and Healthy Eating

Healthy Snack Hack: Trail Mix

Changing the texture of the fruit or vegetables might help us eat more of a variety. For today’s snack let’s try dried fruits! Grapes (raisins), mango, coconut, or bananas all come in dried options! They taste great on their own but also are a great addition to many snacks. Add dried fruits to trail mix, yogurt and oatmeal, or put on celery with peanut butter. They are a healthy source of energy and fiber and are convenient to eat!

Ingredients:

- 1 cup of popcorn
- 1 cup of whole grain cheerios
- ¼ cup of nuts
- ¼ cup dried fruit of choice, raisins, craisins or any other dried fruits
- Mix together and serve

BONUS: Happy Earth Day! Celebrate by checking out these Earth Day fruit and veggie tips:

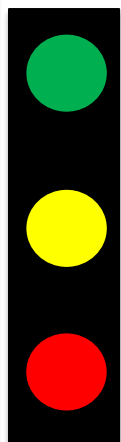
- [Healthy foods for a healthy earth](#)
- [Healthy earth food traditions](#)

Click on the  in the top right corner to download the document for live links.

Thursday, April 23rd

Physical Activity

Handout: [Seated Spinal Yoga Flow](#)



Today's KWIO yoga flow is called "Seated Spinal Yoga." Spinal stretches are important because they lengthen the tight muscles in our back, improve alignment, and help us to maintain good posture.

- <https://youtu.be/IBOAZ4lnLtl> (Time: 9:51)

It's throwback Thursday! Why not let your parents in on the fun with some throwback dances they are sure to remember?! Start with N-TV's version of "U Can't Touch This" by MC Hammer!

- <https://family.gonoodle.com/activities/u-cant-touch-this-1> (Time: 2:08)

Feeling ambitious today? Try doing yoga and practice the dance until you've got the moves down! Work up a sweat and keep your body strong and healthy!

Nutrition and Healthy Eating

Vitamins and minerals are considered essential nutrients—because acting together, they perform hundreds of roles in the body! **Vitamin B** is important for your overall health because it helps your body produce energy! If you're feeling tired and sluggish, try some foods rich in Vitamin B for a healthy energy boost.

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

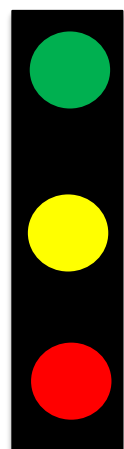
- | | |
|--|--|
| • Meat (red meat, poultry) | • Legumes (beans, lentils) |
| • Whole Grains (brown rice, barley) | • Seeds (sunflower seeds) |
| • Eggs and dairy products (milk, cheese, yogurt) | • Nuts (almonds) |
| • Fish (salmon) | • Dark, leafy vegetables (broccoli, spinach, kale) |

Click on the  in the top right corner to download the document for live links.

Friday, April 24th

Physical Activity

The benefits of physical activity for your body are many – it can lower your risk of many diseases, keep you at a healthy weight, and help you age well. This may not seem important now, but your body will thank you later. For example, osteoporosis (a weakening of the bones) can be a problem as people get older. Weight-bearing exercise – like running or brisk walking - can help keep your bones strong.



Walking can be a great way to get in your physical activity – especially after strenuous workouts earlier this week. Today, aim to walk outside at a brisk pace. Can't get outside? That's ok– try this two-mile walking video instead.

- <https://youtu.be/Mbflu0yjyQ> (Time: 30:15)

Now, let's bring that heart rate up with a 20-minute workout for kids, which includes a dynamic warmup, some cardio and bodyweight strength training.

- <https://youtu.be/qzx-d1Z2bLY> (Time: 20:29)

Get someone in your family moving with you! Ask a parent to walk with you, or challenge a sibling to the 20-minute workout for kids. No one at home to exercise with? Challenge a friend online!

Nutrition and Healthy Eating

Rainbow Smoothie

Smoothies are a great way to eat the rainbow. You can add fruit and veggies and even add in some ingredients that can provide plant-based protein and healthy fat.

Use our formula to be creative this week as you build your own smoothie that allows you to eat across the rainbow!

Ingredients:

- 1 cup milk
- 1/2 cup fresh or frozen fruit (ex: blueberries, strawberries, mango, apple, banana)
- 1/2 cup veggies fresh or frozen (ex: kale, spinach, cauliflower, zucchini, squash, sweet potato, beets)
- Add in plant protein and fat: hemp or chia seeds, nut butter, avocado

This [basic template](#) is a great way to practice creative, healthy smoothie building in your kitchen! Share your smoothie creations by posting it online, using [#healthykidsquarantined!](#)