

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

Physical Activity and Healthy Eating Activities

Week Three: April 13 – April 17

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 (4-13)	Tuesday (4-14)	Wednesday (4-15)	Thursday (4-16)	Friday (4-17)
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
<ul style="list-style-type: none"> TikTok Dance: “I got muscles like Superman’s trainer” 10-minute core Workout 	<ul style="list-style-type: none"> Star flow yoga Tabata workout 	<ul style="list-style-type: none"> Workout of the day (WOD) Extended WOD Squat challenge 	<ul style="list-style-type: none"> “Going to the ocean” yoga flow HIIT for teens workout 	<ul style="list-style-type: none"> “No-weights” arm workout Bollywood Fitness
Healthy Eating/Nutrition	Healthy Eating/Nutrition	Healthy Eating/Nutrition	Healthy Eating/Nutrition	Healthy Eating/Nutrition
<ul style="list-style-type: none"> Plan a healthy family dinner 	<ul style="list-style-type: none"> Wonderful water! 	<ul style="list-style-type: none"> Healthy snack hack: Banana split 	<ul style="list-style-type: none"> Benefits of Vitamin A 	<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 13th

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!



Happy Monday! Let's start the week by learning a fun new dance. Today, try the TikTok video "*I've got muscles like Superman's trainer*" by Chance the Rapper. Tag us in your TikTok video when you have it down!

- <https://www.youtube.com/watch?v=oVLCZafAnpU> (Time: 13:33)

Let's work on strengthening your core today – this quick work out only takes ten minutes but you'll feel it! Try this "10-minute quick core workout" from *Popsugar*, and don't skip the cool-down stretch at the end.

- <https://www.youtube.com/watch?v=dNEZKqopc2l>(Time: 12:32)

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

Nutrition and Healthy Eating

Do your parents ever ask you "*what do you want for dinner?*" Today, you should try to answer that question by planning a healthful dinner for your family! 😊

When we think of a meal according to the *MyPlate* guidelines, it reminds us that we should be eating fruits, vegetables, grains, protein and dairy every day. Each of the food groups are represented in different sections of the plate. But, this doesn't mean that foods need to be separated out on our plates! Some of our favorite healthy foods are a mix of food groups.

For today's challenge, try to plan out more healthy meals for your family using this [MyPlate Menu Planner](#)! Need some inspiration? Visit this online [Recipe Box](#) for ideas! If you're not sure about what food group some of your foods fall in, try using [this guide](#).

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

Tuesday, April 14th

Physical Activity

Handout: [Star Yoga Flow](#)



Today's yoga, the *Star Flow*, from the Kids Work It Out program starts with a 'count 5 breath' which helps to bring oxygen all through your body. The yoga flow will focus on physical movements that are energizing and great for your posture.

- <https://youtu.be/zCyvOn8qSMA> (Time: 8:32)

For today's cardio workout, we're using Tabata. This workout is a fun way to work up a sweat!

- <https://www.youtube.com/watch?v=XleCMhNWFQQ> (Time: 31:30)

Today's "red" activity involves combining the yoga activity with the hip hop Tabata. The yoga helps to improve your flexibility and balance and the hip hop gets your heart pumping!

Nutrition and Healthy Eating

Wonderful Water!

Did you know that drinking enough water each day is good for your skin? When you make sure to drink enough water and stay hydrated you also keep your skin from becoming dry, tight and flakey.

But drinking water does not need to be boring! This week, try adding frozen berries instead of ice cubes to your water for a cold and tasty drink.

Berry Infused Water

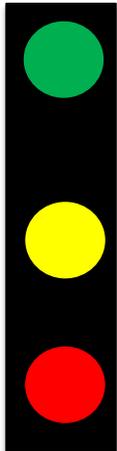
- Fill one half of a pitcher with frozen berries (choose strawberries, blackberries, blueberries or a mix of any frozen berries you have on hand).
- Let sit for at least two hours
- Enjoy your cold and healthy drink!

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

Wednesday, April 15th

Physical Activity

Strength training, even using just your body weight, can help improve your overall fitness, and strengthen your muscles AND bones!



Workout of the Day (WOD)!

- Use [this A-B-C exercise guide](#) (with video demonstrations)
- Using the associated exercises, spell “INSPIRE”. Being inspired means that you have the urge or ability to do SOMETHING! Be inspired today!

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

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

Today’s “red” activity involves challenging your friends to be physically active with you! On social media (Instagram, TikTok, Twitter, Facebook), do 30 squats, and then challenge 5 of your friends to do it too! Use #healthykidsquarantined

Nutrition and Healthy Eating

Healthy Snack Hack: Banana Split

Bananas are a great fruit option that benefit our bodies in many ways – they give us energy, improves digestion (fiber), strengthens your bones (potassium), improves eyesight (vitamin A), and boosts your brain power!

Today’s we’ll use bananas to hack your snack! If you love a tasty banana split, you’ll love this healthier version. Share your banana creations by posting it online using #healthykidsquarantined!

Ingredients:

- ½ cup low fat yogurt
- 1 banana, cut in half lengthwise
- ¼ cup of granola or whole grain cereal
- ½ cup berries

Directions:

1. Place banana halves on a plate.
2. Top banana with yogurt.
3. Sprinkle granola and berries over yogurt and enjoy!

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

Thursday, April 16th

Physical Activity

Handout: [Sun Salutation](#) , [Let's go to the Ocean](#)



Today's KWIO yoga flow is called "Let's go to the Ocean" – we'll use ocean breathing and visualization combined with a yoga flow that will help with balance, coordination, and an awareness of how our bodies move.

- <https://youtu.be/9oHy6wYvmBE> (Time: 8:30)

A HIIT workout combines sets of exercise with shorter sets of rest. This HIIT workout is designed to not use any equipment. It's quick – only eight minutes, so double up if you're up to the challenge!

- <https://www.youtube.com/watch?v=T1JufnQ-Lg> (Time: 9:12)

Feeling ambitious today? Try doing yoga and TWO rounds of the HIIT workout. Work up a sweat and keep your body strong and healthy!

Nutrition and Healthy Eating

You probably know that vitamins are important for your health, right? But do you know which vitamins you need, or which foods you should eat to get them? Let's start at the beginning today with **Vitamin A**. Vitamin A is important for your overall health because it's good for your vision, helps to strengthen your immune system, makes your bones strong, and even helps to prevent acne.

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

- Sweet potato
- Kale, spinach, collard greens
- Squash
- Red peppers
- Cooked carrots
- Mango
- Cantaloupe
- Grapefruit
- Watermelon
- Salmon and Tuna

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

Friday, April 17th

Physical Activity

Experts recommend that we get three days a week of exercise 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.



You don't need weights to strengthen your arm muscles! Try this no-weight arm workout that's designed to sculpt and shrink! It's only five minutes – so run through it twice if you're feeling up to the challenge.

- <https://www.youtube.com/watch?v=QTGBFIB1fEI> (Time: 5 minutes)

Yellow -- Now let's bring your heart rate up even more with this fun *Bollywood Dance Video*!

- https://www.youtube.com/watch?v=pzob_Br-IWQ (Time:12 minutes)

Want to end your week with a challenge? Let's do the arm workout and Bollywood fitness twice through! Remember, aim to be physically active for a total of 60-minutes each day!

Nutrition and Healthy Eating

Chocolate Berry Smoothie

Do you ever find yourself looking for a sweet treat? Today, let's make a smoothie for an easy, healthy snack that is sure to satisfy your sweet tooth!

Try it out and share your creation by posting it online using *#healthykidsquarantined!*

Chocolate Berry Smoothie

- 1 ½ c. frozen or fresh berries (ex: raspberries or strawberries)
- 1 cup milk
- ¼ cup low-fat yogurt
- 4 tsp. chocolate cocoa powder
- ½ cup of ice

Instructions

Add ingredients to a blender and blend until very smooth, stopping to scrape down the sides of the bowl and adding more liquid, if needed. Enjoy this delicious frozen treat!