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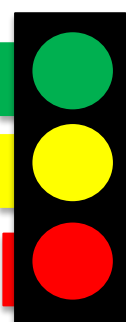
DSHINES for Healthy Kids Physical Activity and Healthy Eating Activities

Week Three: April 6th – April 10th
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 (4-6)	Tuesday (4-7)	Wednesday (4-8)	Thursday (4-9)	Friday (4-10)
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
<ul style="list-style-type: none"> Dance video: Dua Lipa Beginners full-body tabata workout 	<ul style="list-style-type: none"> Bodies in balance yoga Jump-n-kick video 	<ul style="list-style-type: none"> Workout of the day (WOD) Extended WOD Frogger challenge 	<ul style="list-style-type: none"> Get grounded Yoga Bodyweight HIIT circuit TABATA-full body strength 	<ul style="list-style-type: none"> Standing core Hip-hop fit workout
Healthy Eating/Nutrition	Healthy Eating/Nutrition	Healthy Eating/Nutrition	Healthy Eating/Nutrition	Healthy Eating/Nutrition
<ul style="list-style-type: none"> Nutrition scavenger hunt 	<ul style="list-style-type: none"> Wonderful water! 	<ul style="list-style-type: none"> Healthy snack hack: Baked veggie fries 	<ul style="list-style-type: none"> Minute to win it: Word search 	<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 show us your sweaty selfies!

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

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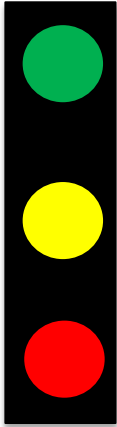
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Monday, April 6th

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 "*Don't start now*" by Dua Lipa. Tag us in your TikTok video when you have it down!

- <https://www.youtube.com/watch?v=fZ3BE7fCZLg> (Time: 17:35)

Let's kick it up with a basic beginners *tabata* workout! A tabata is 8 rounds of 20 seconds of work and 10 seconds of rest. Try downloading a "Tabata timer" to keep track of your sets.

- <https://www.youtube.com/watch?v=vaN6MY> (Time: 14:45)

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

Nutrition and Healthy Eating

Nutrition Scavenger Hunt

Handouts: [Explore Nutrition Label](#); [Kitchen Scavenger Hunt](#)

Nutrition Labels are important to understand because they tell us how many nutrients are in our food. When we take the time to read nutrition labels we gain an awareness of what each food contains and can better decide which foods are needed to fuel our bodies in a healthy way. You can start by explaining three simple parts of the nutrition label:

- **Serving Size:** tells you how much of this food you should eat at one time and how many servings are in one bag, box, or item.
- **Calories:** tells you how much energy you will get from one serving of this food, so another way of thinking of this is that the higher the number, the more movement and exercise you will need to take part in to make sure you burn off all the energy you get from this food.
- **Sugar:** This is the sneakiest ingredient, so we need to pay close attention. Our body does not require too much sugar, so the lower this amount is, the better.

Now it's your turn to put these nutrition label concepts to use, use our Kitchen Scavenger Hunt Handout and find 5 nutrition labels you can compare and contrast. What do the serving sizes look like? How many calories and how much sugar are in each? Which do you think would be the healthiest fuel for your body and why?



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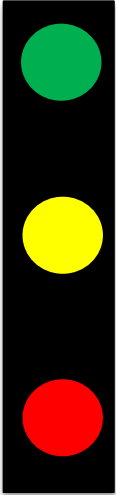
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Tuesday, April 7th

Physical Activity

Handout: [Sun Salutation Yoga Flow](#); [Bodies in Balance Yoga Flow](#)



Today's yoga flow, *Bodies in Balance*, from the Kids Work It Out program focuses on balance. Balance poses in yoga have been shown to help relieve stress and reducing inner tension. They improve focus, concentration and memory, and help us to control emotions in critical and stressful moments.

- <https://youtu.be/BjB6-VhDcwl> (Time: 8:32)

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

- <https://hhph.org/resources/jump-n-kick-extended-mix/> (Time: 14:13)

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

Nutrition and Healthy Eating

Did you know that the average human is composed of between 55 and 60% water? Therefore, hydration plays an important role in maintaining a healthy body. It's so important that you and your family are drinking the right amount of water!

Learn more about how hydration effects the brain and body by watching this TED-ed video that explains the science behind maintaining good hydration:

- <https://youtu.be/9iMGFqMmUFs>

Water is essential, but it doesn't have to be boring! This week, try adding cucumbers to your water for a tasty treat.

Cucumber Infused Water

- Wash and thinly slice a cucumber
- Add to a pitcher of water and let sit for at least two hours
- Enjoy cold for a refreshing, healthy drink!

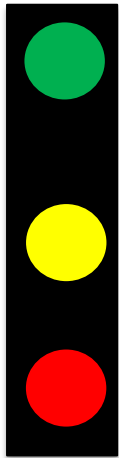


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Wednesday, April 8th

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 “DETERMINED”. Being determined means persevering towards a goal despite obstacles. Be determined today!

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

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

Today’s “red” activity involves challenging your friends to be physically active with you! On social media (Instagram, TikTok, Twitter, Facebook), do 50 Froggers, and then challenge 5 of your friends to do it too! Use #healthykidsquarantined

Nutrition and Healthy Eating

Healthy Snack Hack: Baked Carrot Fries

Eating orange and yellow fruits and vegetables, such as carrots, help many parts of the body, including bones and eyes. Try today’s recipe as you work to “eat the rainbow” and get healthy nutrients your body needs!

Ingredients

1. Carrots: 2, peeled and cut into the shape of “fries” (ask an adult for assistance)
2. Panko bread crumbs: 2 tbsp (You can also use corn flakes or coconut for a crispy layer)
3. Salt and pepper: as needed
4. Garlic powder: pinch (this is optional – or spice it up by substituting with chili powder!)
5. Oil: 1 tsp

Instructions

- Preheat the oven to 400-degrees
- Line cooking sheet with foil or parchment paper
- In a wide bowl add all the listed ingredients and mix well
- Add the carrots, mix and spread on cooking sheet.
- Bake approximately 14-18 minutes.
- Extra Crispy: If available broil for 2-3 minutes or for the texture you prefer
- Enjoy with your favorite dip

Notes: No carrots? No problem! Use what you have – sweet potatoes, zucchini, or eggplant will be delicious too! Baking times may vary depending on the thickness of your veggies.

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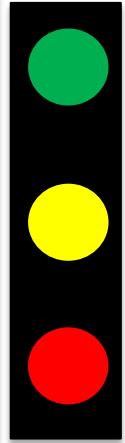
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Thursday, April 9th

Physical Activity

Handout: [Get Grounded Yoga Flow](#)



Today's KWIO yoga flow is called "Get Grounded" – when our days feel stressful and overwhelming, this flow will help us relax and feel grounded in the present moment.

- <https://youtu.be/Zs19fdBZN1U> (Time: 8 minutes)

HIIT stands for High Intensity Interval Training. In a HIIT workout, you mix sets of exercise with shorter sets of rest. This HIIT video doesn't have sound - so turn on your favorite music and let's give it a try!

- <https://www.youtube.com/watch?v=xj7TQ6xTjnU> (Time: 9:27)

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

Handouts: [Minute to Win It Word Search](#)

Minute To Win It

There are six essential nutrients; carbohydrates, proteins, fats, vitamins, minerals, and water that give our bodies the basic nutrition it needs. Eating fruits and vegetables provides our bodies with four of the six nutrients making them the building blocks our bodies need to stay healthy and strong.

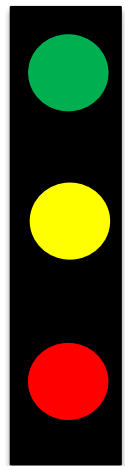
To reinforce the ideas we've been learning about, like the importance of eating different fruits and vegetables try our [Minute to Win it word search](#)! Time yourself and see how fast you can find all 14 words. Make it a little more interesting by making it a competition! Print out copies for your entire family and set a timer for one minute. The person to find the most in one-minute wins! Keep going until everyone is able to find all fruits and vegetables within a minute.

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Friday, April 10th

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.



Let's challenge our balance and core today and start off with this 10 Minute core workout from *MadFit!*

- <https://www.youtube.com/watch?v=eIRQzn3w710> (Time: 10 minutes)

Yellow -- Now let's bring your heart rate up even more with this Hip-Hop Fit Workout from *Popsugar Fitness!*

- <https://www.youtube.com/watch?v=ZWk19OVon2k> (Time: 22 minutes)

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

Nutrition and Healthy Eating

Smoothies are a great way to reach our goal of five to nine servings of fruits and vegetables per day. Did you know that smoothies are also a great way to add fiber, protein, and healthy fats to diet? Try some add-ins to your smoothie to boost your intake of fiber, protein, and healthy fats.

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)
- Add-ins (pick 1-2): 1 tablespoon nut butter; 2 tablespoons avocado; 1 teaspoon hemp seeds, chia seeds, or ground flaxseed; 1 tablespoon coconut oil; 1 tablespoon rolled oats
- 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. Enjoy!