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## DSHINES for Healthy Kids

### Physical Activity and Healthy Eating Activities

**Week Seven: May 4 – May 8**  
**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).*

<a href="#">Monday (5-4)</a>	<a href="#">Tuesday (5-5)</a>	<a href="#">Wednesday (5-6)</a>	<a href="#">Thursday (5-7)</a>	<a href="#">Friday (5-8)</a>
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
<ul style="list-style-type: none"> <li>National Star Wars Day themed workouts</li> </ul>	<ul style="list-style-type: none"> <li>Flexibility flow yoga</li> <li>Cinco de Mayo HIIT workout</li> </ul>	<ul style="list-style-type: none"> <li>Workout of the day (WOD)</li> <li>Extended WOD</li> <li>Plank challenge</li> </ul>	<ul style="list-style-type: none"> <li>Inner warrior yoga flow</li> <li>Throwback Thursday dance workout</li> </ul>	<ul style="list-style-type: none"> <li>National Virtual Field Day!</li> </ul>
Healthy Eating/Nutrition	Healthy Eating/Nutrition	Healthy Eating/Nutrition	Healthy Eating/Nutrition	Healthy Eating/Nutrition
<ul style="list-style-type: none"> <li>Fruit TIE Fighter snacks</li> </ul>	<ul style="list-style-type: none"> <li>Citrus coconut water</li> </ul>	<ul style="list-style-type: none"> <li>Healthy snack hack: whole grain trail mix</li> </ul>	<ul style="list-style-type: none"> <li>Benefits of Vitamin D</li> </ul>	<ul style="list-style-type: none"> <li>Healthy smoothie-popsicles</li> </ul>



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, May 4**

### **Physical Activity**

May the 4<sup>th</sup> be with you! It's National Star Wars Day! Today we'll train with some Jedi, the Sith, and Obi Wan to get a great Star Wars-themed workout! Don't have a light saber handy? You can use whatever you may have handy, like a broom or a mop – but don't worry, these exercise work just as well if you don't have one.

These are short videos from *Get Kids Moving* – so combine a few of your favorites and get your Star Wars training on!

- Jedi Light Side HIIT Workout: <https://youtu.be/kAUMHws2ap0> (Time: 3:46)
- Star Wars 'SITH' Workout: <https://youtu.be/2Ofwpt59eQU> (Time: 4:18)
- Obi Wan Star Wars Workout: <https://youtu.be/OHOTNEtC3Rc> (Time: 4:19)
- Star Wars Light Saber Tabata: <https://youtu.be/3h9am97W4Rc> (Time: 4:22)



BONUS: Challenge your friends on social media (Instagram, TikTok, Twitter, Facebook), to work it like Obi Wan too! To tag us, use *#healthykidsquarantined*.

### **Nutrition and Healthy Eating**

Eating fruits and vegetables can help you “fuel your force!” Starfighter Pilots must keep their energy up when headed into battle, and these fruity TIE tributes are just the snack they need when fighting against the Rebellion!

**Fruit TIE Fighter** (find this recipe – and pictures! - on the [Star Wars website](#))

#### **Ingredients:**

- ½ a banana
- 2 apples
- 1-2 tablespoons of nut butter

#### **Directions:**

- Slice the banana into rounds
- Slice the apples into rounds, then trim the edges to form a hexagon (see a [picture](#))
- Use the nut butter to secure the apple 'wings' to the banana
- Stand them upright to serve – and don't play with your food too much before you enjoy!


Want to see how fruit, like in these TIE Fighters, fits in with a healthy diet? Check out the [Star Wars Check](#) for an easy guide for families to identify healthier food and beverage options!

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The Michigan Health Endowment Fund

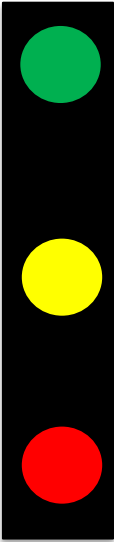




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**Tuesday, May 5**

### **Physical Activity**

Happy Cinco de Mayo! Starting your day with some exercise will offset the tacos and guacamole you may eat later! Today's combination of gentle yoga and a HIIT workout is a great balance of exercises to help you get stronger and more flexible.



Today's yoga, the *Flexibility Flow*, from the Kids Work It Out program focuses on poses that lengthen and stretch the muscles, prevent injury and improve athletic performance. Stretching with yoga is a great way to get you moving in the morning or a way to relax after a long day.

- <https://youtu.be/9HswrvWMgNc> (Time: 15:50)
- Handout: [Flexibility Flow](#)

A vigorous workout gets your heart pumping, builds your cardiovascular endurance, and can improve your muscle and bone strength. Today, try this Cinco de Mayo themed HIIT workout that will challenge every muscle group!

- <https://youtu.be/dZiKHFAT5F0> (Time: 20:06)

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

### **Nutrition and Healthy Eating**

As the weather warms up it's even more important to stay hydrated – when you sweat, you lose valuable water from your body. But, be careful of hydrating it in a smart way! Sports drinks may seem like a good hydration option BUT they are loaded with sneaky sugar. Some sports drinks have as much sugar as a regular soda! The next time you find yourself grabbing for a sports drink why not try coconut water instead? Coconut water is a great lower-sugar, lower calorie alternative to sports drinks.

#### **Try this Citrus Coconut water recipe this week:**

- 1/2 lemon, lime or both washed and sliced
- Fill a large cup or water bottle with ice
- Squeeze and drop in lemon and lime slices
- Pour in 2 cups of coconut water
- Serve and enjoy!

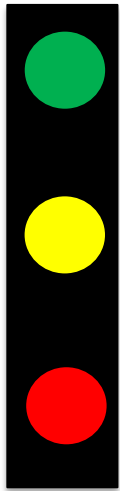
Use [this worksheet to track what you drink](#) and how much sugar you're consuming.

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**Wednesday, May 6**

### **Physical Activity**

Today, work towards your 60 minutes of physical activity by trying out the A-B-C workout of the day, or challenging your friends to be physically active on Social Media!



Workout of the Day (WOD)!

- Use [this A-B-C exercise guide](#) (with video demonstrations)
- Using the associated exercises, spell “**FRIEND**”. Social support helps you to start and continue exercise. Have a friend join you in your exercise!

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

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

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

### **Nutrition and Healthy Eating**

A healthy diet contains **whole-grain carbohydrates** which can sometimes be tricky to locate. One way to tell if a food is a whole grain is to look to see if the word “WHOLE” is on the food label. Some food packages may have a “whole” grain stamp on the package instead that says, 100% of the food is made of whole grains. This week check the food labels on your carbohydrates to see how many say WHOLE or have a 100% whole grain stamps. Compare the whole grains you found in your house to the ones listed in this [WORD SCRAMBLE](#).

**For a tasty and healthy whole grain snack try our Healthy Whole Grain Trail Mix**

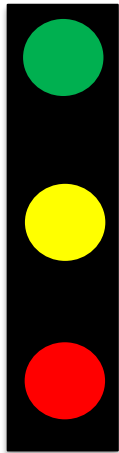
- 1 cup chopped nuts – try walnuts, almonds, or pecans
- 1/4 cup raisins, Craisins, or other dried fruit
- 3 1/2 cups unsweetened whole-grain cereal (try Chex or Cheerios)
- 1 cup popcorn
- Add in 1 cup broken pieces of dark chocolate
- Mix together and enjoy!

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## Thursday, May 7

### Physical Activity

Today's workout involves yoga and a Throwback Dance Party. which use a variety of exercises to improve coordination, balance, and flexibility. Flip the coin to determine your exercise in each round.



Today's KWIO yoga sequence is the "Inner Warrior Flow." This fast-paced yoga flow focuses on powerful warrior poses that help to develop strength, concentration, and balance.

- <https://youtu.be/WgEAKOdFX6g> (Time: 14:47)
- Handout: [Inner Warrior Flow](#)

It's throwback Thursday! This dance-themed workout will have you working up a sweat to some great old-school tracks.

- <https://youtu.be/Y1I7DviqEp0> (Time 25:22)

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

Have you ever heard someone say that if you want strong bones and teeth, you need to drink your milk? This is because milk (and other dairy foods like yogurt and cheese) are good sources of **Vitamin D** which is needed to build and keep strong bones and muscles. But did you know that you can also get Vitamin D is through exposure to the sun?! Vitamin D also protects us from illnesses like the flu, gives us a mental boost, improves sleep, and even helps us build muscle and maintain a healthy weight.

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

- |                            |                      |
|----------------------------|----------------------|
| • dairy, like low-fat milk | • mushrooms          |
| • almonds                  | • eggs               |
| • spinach                  | • orange juice       |
| • whole-grain cereal       | • fish (like salmon) |

**Bonus! Take a walk outside and soak up some sun – and Vitamin D! Check out this guide that can give you some cool spots! [Family Hiking Guide](#)**

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**Friday, May 8**

### **Physical Activity**

It's National Virtual Field Day! Field Day is a fun tradition for many schools that we don't have to miss out on just because we're not physically together. A Virtual Field Day is a unique way that we can stay connected as a community and support one another in a fun and meaningful way! Our friends at the [Online Physical Education Network \(OPEN\)](https://openphysed.org/nationalfieldday), have been working hard to put together resources for families to run their own Field Day at home. They've created event cards and plans for a range of activities! Choose at least four (4) activities from their plans and fill out a score card.

- Field Day Plans and Scorecards: <https://openphysed.org/nationalfieldday>
- Field Day Example Videos: <https://openphysed.org/fielddayvideos>

Be sure to share your Field Day pictures on social media using #NationalFieldDay and #HealthyKidsQuarantined! Don't forget to tag your school too!

### **Nutrition and Healthy Eating**

What goes better with Field Day than popsicles? A fun way to get your servings of fruits and veggies is to turn your smoothies into frozen treats! Yesterday, we learned that Vitamin D provides many benefits like keeping our bones strong and even giving us a mental boost. So, today, let's try this green smoothie that not only tastes delicious but it's chocked full of the good stuff to keep you healthy.

#### **Ingredients:**

- 1 chopped banana (frozen)
- 1 cup strawberries (fresh or frozen)
- 1 cup of spinach or kale
- ½ cup low fat yogurt
- 1 cup water or milk (low-fat or almond)
- 1 cup Ice
- Small paper dixie cups
- Popsicle sticks (or plastic spoons if you have them!)

#### **Directions:**

Mix in a blender and pulse until smooth. Pour your smoothie into a small dixie cup and freeze it for ½ hour. Once it starts to firm up, stick in your popsicle stick and freeze for several more hours until it's solid. Tap them on a counter to loosen the popsicle and it will pop out of the cup! Share your smoothie-popsicle creations by posting it online, using #healthykidsquarantined!