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DSHINES for Healthy Kids Physical Activity and Healthy Eating Activities

Week Eleven: June 1 – June 5
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 (6-1) | Tuesday (6-2) | Wednesday (6-3) | Thursday (6-4) | Friday (6-5) |
|--|---|--|--|--|
| Physical Activity | Physical Activity | Physical Activity | Physical Activity | Physical Activity |
| <ul style="list-style-type: none"> Afro-Dance workout Nike Body weight workout | <ul style="list-style-type: none"> <i>Mindful Moon</i> yoga flow Tabata workout | <ul style="list-style-type: none"> Workout of the day (WOD) Extended WOD Wall sit challenge | <ul style="list-style-type: none"> <i>Strength & Flex</i> yoga flow Fitness monopoly | <ul style="list-style-type: none"> Song exercise challenges |
| Healthy Eating/Nutrition | Healthy Eating/Nutrition | Healthy Eating/Nutrition | Healthy Eating/Nutrition | Healthy Eating/Nutrition |
| <ul style="list-style-type: none"> Meatless Monday | <ul style="list-style-type: none"> Dine on a dime: Shop local! | <ul style="list-style-type: none"> Healthy snack hack: Strawberry frozen yogurt | <ul style="list-style-type: none"> Gardening Hack: Cardboard tubes | <ul style="list-style-type: none"> Easy tropical 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!

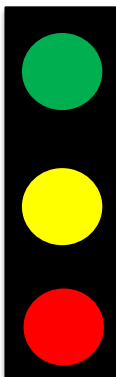
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Monday, June 1

Physical Activity

You know by now that you should aim to be active at least 60 minutes a day. The best way to start – and sustain – regular physical activity is to discover activities that you enjoy! When you do this, you are more likely to exercise on a regular basis and continue exercising into adulthood. We've given you lots of samples of activities – which do you enjoy most?!



Today's dance tutorial is an Afro'Dance workout that will work your arms, upper body and core in this high-energy video.

- <https://www.youtube-nocookie.com/embed/NEO1ydknMVk> (Time: 15:03)

This strength workout, from the Nike trainer series, is sure to make you work up a sweat. It uses no equipment, but your body weight will be enough!

- <https://www.youtube-nocookie.com/embed/HNnmwt1UKi4> (Time: 48:10)

For today's 'red' challenge, combine the dance video and the strength exercises for a total body workout!

Nutrition and Healthy Eating

In general, humans eat a LOT of meat. Eliminating meat just one day a week can make a big difference for your health and the health of our planet. Replacing meat with plant-based choices has potential health benefits, like reducing risk for heart disease and diabetes, and helps take action against climate change by reducing your carbon footprint and helping you conserve precious environmental resources. Planning a "Meatless Monday" is a great place to start! Give it a try this week with a delicious meatless chili.

Meatless Chili

Ingredients:

- 1 (15 ounce) can diced tomatoes
- 1 (15 ounce) can no salt added pinto (or chili) beans, un-drained
- 1 (6 ounce) can tomato paste
- 1 cup of frozen chopped green peppers
- 1 cup of frozen chopped onions
- 1/2 tablespoon chili powder
- 1 teaspoon cumin
- salt and pepper, to taste
- Optional chili toppings: cheese, green onions, plain Greek yogurt

Instructions:

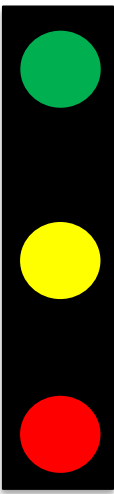
In a large stockpot, combine all ingredients. Heat over medium heat until warm, and serve with your favorite toppings.

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Tuesday, June 2

Physical Activity

The digital world we live in makes it easy to spend LOTS of time in front of a screen, right? Many of us spend countless hours each week sitting behind a computer screen, watching our phones, and playing video games. Yet the statistics are clear— kids and teens who exercise regularly are more likely to develop healthier lifelong habits than those who don't. So, taking time for your health now will continue to benefit you in the long run!



Today's yoga, the *Mindful Moon Flow*, from the Kids Work It Out, is named in honor of the cooling moon. This flow will stretch the spine and hamstrings while building strength in your arms, back, and core.

- Video: <https://youtu.be/5ipbCJAPzJI> (Time: 7:45)
- Handout: [Mindful Moon Flow](#)

Today's Tabata workout from PopSugar will get you moving! This fast, upbeat combination of cardio and body-weight strength exercises requires no equipment, but do grab a towel and a bottle of water — you're going to need both.

- <https://www.youtube.com/watch?v=bqdb5Qgl9aU> (Time: 47:30)

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

Nutrition and Healthy Eating

Dine on a dime: Shop local!

Choosing to shop locally and directly from farmers for fruits and vegetables has many benefits – the prices are often lower than in the grocery store, it supports local businesses, and even helps to reduce our carbon footprint! The resources below will help you find a market in your area and shop for the freshest, in-season produce:

Find a Farmers' Market:


- [LittleGuide Detroit's Local Market Guide](#)
- [Michigan Farmers' Market Association Guide](#)

Produce Availability Guide:

- [Michigan Guide for Fruits and Vegetables](#)

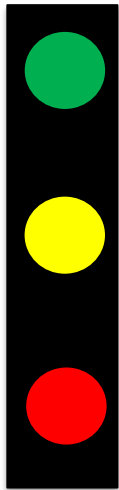
If you find yourself with too many farmers' market veggies, a great option is to pickle the leftovers – they make a yummy addition to other recipes, toppings for burgers or sandwiches, or in salads. Better yet? It's easy! Check out [this quick \(30 seconds!\) video on a basic how-to for pickling summer veggies](#).



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Wednesday, June 3

Physical Activity

Today's workout theme is "achieve" – which means successfully reaching a desired objective through effort, skill, or courage. What are you courageously trying to achieve? Being fit and healthy takes effort – but it's worth it to keep working to achieve it! 😊



Workout of the Day (WOD)!

- Use [this A-B-C exercise guide](#) (with video demonstrations)
- Using the associated exercises, spell "**ACHIEVE**". To 'excel' means to do reach your goal! What will you achieve today? This week? This month?

Your 'yellow' challenge today is to extend the WOD:

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

Today's "red" activity involves the 'do 10, give 10' challenge! Do 10 pushups on a social network and challenge 10 friends to do the same. Don't forget to use the *#HealthyKidsQuarantined*

Nutrition and Healthy Eating

Healthy Snack Hack – Strawberry Frozen Yogurt

Today we have the perfect snack idea when you are feeling like a sweet treat – this strawberry frozen yogurt is a healthier way to satisfy your dessert desires! Finding a frozen treat just got much easier with our quick, simple and in season recipe!

Ingredients:

- 4 cups frozen strawberries
- 2 Tablespoons honey
- 1/2 cup plain yogurt (non-fat)
- 1 Tablespoon lemon juice

To Make:


Add the frozen strawberries, honey, yogurt and lemon juice to the bowl of a blender or food processor. Process until creamy, about 5 minutes. Enjoy!



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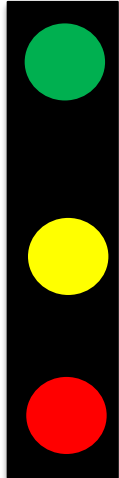
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Thursday, June 4

Physical Activity

Fitness doesn't have to feel like a chore – it can be fun too! Today, try some yoga to strengthen your body and mind, and give fitness monopoly a try!



Today's KWIO sequence is "Strength + Flex Flow" that reminds us that yoga helps more than just our bodies - increased academic performance, concentration, and awareness are just a few of the amazing ways that yoga will benefit your brain too.

- Video: <https://youtu.be/dx0asVu1waM> (Time: 23:16)
- Handout: [Strength + Flex Flow](#)

Today's workout is a fun one – [fitness monopoly](#)! You can play with a family member or remotely with a friend online. Use a sticky note as a game piece on your screen. Earn a point when you pass go – first player to 3 points wins!

For a challenge today, combine the yoga flow and the fitness monopoly! Work up a sweat and keep your body strong and healthy!

Nutrition and Healthy Eating

Gardening Greats: Cardboard seed tubes for easy veggie growing

These past two weeks we have shown you some clever ways to get your home garden going- But it isn't always that easy, right?! This week we have an easy and green way to start your seeds inside! To start, all you need to do is save either toilet paper (6-8) or paper towel (3-4) tubes. Once you have enough tubes follow the instructions below to start your garden!

Inside Instructions: Cut the (toilet paper or paper towel) tubes into 2 in. lengths and set them in a waterproof tray. Fill the tubes with soil and plant your seeds (remember the can be seeds from the fruits and veggies you have in your kitchen). Place in sunlight, water and let grow.


Outside Instructions: When the seedlings are ready to move to the garden, plant them right in their cardboard tube. The cardboard will decompose. Be sure to keep the tube below the soil surface, so it doesn't wick moisture away from the roots.

Are you a visual learner? Check out this [YouTube video about cardboard seed tubes!](#)



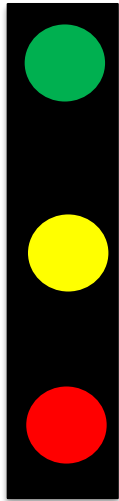
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Friday, June 5

Physical Activity

Today, let's try some fun fitness challenges! These are sneaky workouts – they are all the duration of a single song – but they will work your muscles and endurance!



Give the [8a Bring Sally Up 8a Challenge](#) a try! Follow the beat and listen to the words for a quick (3 minutes!) and challenging exercise. There are lots of ways to do this challenge – here are some good options – try one or several!

- [Lunges](#)
- [Squats](#)
- [Plank](#)
- [Push Ups](#)
- [Glute Bridge](#)
- [Leg Lifts](#)

Now try another song fitness challenge! Pick a few of your favorites and sweat it out for a song or two!

- [Cha Cha Slide Plank Challenge](#)
- [7 Rings Ab Challenge](#)
- [Cupid Shuffle Plank Challenge](#)
- [Baby Shark Ab Challenge](#)

Combine your pick of the challenges for a high-intensity, muscle-building, energy-boosting workout! Pick your favorites and share them with us at

#healthykidsquarantined

Nutrition and Healthy Eating

Easy Tropical Smoothie

With all the warm weather all of a sudden are you feeling like you could use a cold, creamy smoothie? Try our simple smoothie recipe today that is sure to be a refreshing, tasty treat!

Basic ingredients:

- Handful of ice
- 4 oz. canned pineapple tidbits in 100% juice
- 1 cup skim milk (or a milk alternative like almond, oat, or cashew milk)

Optional additions:

- Frozen fruit: mango, kiwi, papaya, or strawberry
- Banana
- Boosts: spinach, kale, flax or chia seeds, vanilla protein powder

Instructions: Blend all ingredients together in a blender or food processor until smooth. Serve and Enjoy!

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