

Boys and Girls Clinical:
Ways to stay active in a Limited Environment

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1. Questions related to assigned topics (5- Minutes: Melinda, Emily)

- a. How much physical activity should you have a day?
 - i. 60 minutes
- b. What are some benefits of staying active?
 - i. Strengthening bones and muscles
 - ii. Healthy body weight
 - iii. Disease prevention (diabetes, heart problems)
 - iv. Elevated mood
 - v. Increased energy
 - vi. It can help you live longer
- c. Give examples of ways you stay active every day?
 - i. Recess, riding bikes, jumping on a trampoline, etc....

2. Activities

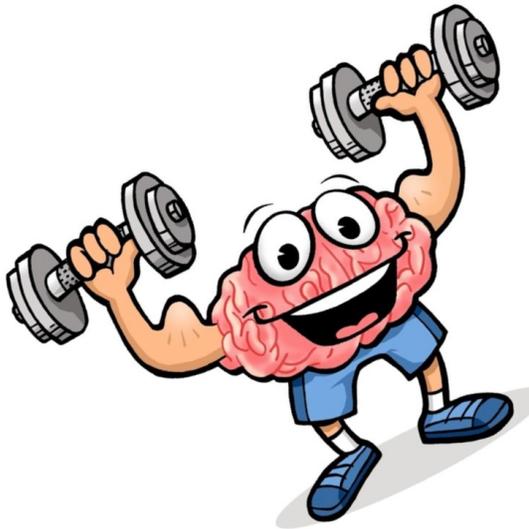
- a. Spell your name with the activity sheet below (5- Minutes: Ashley, Allison)
 - i. Print handouts for kids to take home

Fit activity for kids!
what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM



Balloon
Volleyball (10-20
minutes: Kenny,
Keyara))

- i. Supplies

1. Tape/Ribbon/Streamers to act as a “net” easily fixed to objects like chairs
2. Balloons

3. Make it



more challenging for older kids by having them use pool noodles instead of their hands

a. Example

