

Health and Physical Education Check In

Complete these activities for a healthy mind and body. Make sure you are drinking enough water, getting enough sleep, and having conversations with supportive people as you need to. Notice a call to get outside each day, sunshine and fresh air will support your overall health and well-being.

1	<p>Wellness: Laughter. Watch a funny movie</p> <p>Fitness: 5x5 (complete 3 sets) 5 jumping jacks, 5 bicycle crunches, 5 second plank, 5 modified push-ups, 5 squats Be sure to get outside. Go for a 10-minute walk</p>
2	<p>Wellness: Gratitude. Make a list of 5-10 things that you're grateful for in life.</p> <p>Fitness: 5x6 (complete 3 sets) 6 jumping jacks, 6 bicycle crunches, 6 second plank, 6 modified push-ups, 6 squats Go for a bike ride</p>
3	<p>Wellness: Send a message or Facetime with someone who brings out the best in you.</p> <p>Fitness: 10 minutes of stretching Go for a walk</p>
4	<p>Wellness: Pay it forward. Do something kind for someone else today</p> <p>Fitness: 5x7 (complete 3 sets) 7 jumping jacks, 7 bicycle crunches, 7 second plank, 7 modified push-ups, 7 squats Complete a mile anyway you can!</p>
5	<p>Wellness: Strive for a healthy life. Commit to eliminating one unhealthy habit for the next 12 days</p> <p>Fitness: 5x8 (complete 3 sets) 8 jumping jacks, 8 bicycle crunches, 8 second plank, 8 modified push-ups, 8 squats Go for a bike ride</p>
6	<p>Wellness: Pick an hour to be device free. Take a break from your phone, computer, and TV</p> <p>Fitness: 5x9 (complete 3 sets) 9 jumping jacks, 9 bicycle crunches, 9 second plank, 9 modified push-ups, 9 squats</p>
7	<p>Wellness: Music. Listen to something that calms you and makes you feel happy.</p> <p>Fitness: 10 minutes of stretching Go for a walk</p>
8	<p>Wellness: Affirmations. Listen to how you speak to yourself, use kind and encouraging words.</p> <p>Fitness: 5x10 (complete 3 sets) 10 jumping jacks, 10 bicycle crunches, 10 second plank, 10 modified push-ups, 10 squats Complete a mile anyway you can!</p>

9	<p>Wellness: Deep Breathing. Stop inhale slowly through your nose, exhale through your mouth. Repeat each hour of the day.</p> <p>Fitness: 5x11 (complete 3 sets) 11 jumping jacks, 11 bicycle crunches, 11 second plank, 11 modified push-ups, 11 squats Go for a bike ride.</p>
10	<p>Wellness and Fitness Yoga. Try a YouTube yoga session. https://www.youtube.com/watch?v=--jhKVdZOJM Be sure to get outside!</p>
11	<p>Wellness: Sleep schedule. Do a check in with your sleep schedule, make sure you're getting adequate quality sleep. Make adjustments to meet the recommended 8 hours of sleep.</p> <p>Fitness: 5x12 (complete 3 sets) 12 jumping jacks, 12 bicycle crunches, 12 second plank, 12 modified push-ups, 12 squats Complete a mile</p>
12	<p>Wellness: Hydrate. Make sure you're drinking enough water.</p> <p>Fitness: 10 minutes of stretching Go for a walk</p>
13	<p>Wellness: Game Day Play a game or do a puzzle with family members</p> <p>Fitness: Play a game outside.</p>
14	<p>Wellness: Journaling Take 5-10 minutes and write about your greatest strength</p> <p>Fitness: 5x13 (complete 3 sets) 13 jumping jacks, 13 bicycle crunches, 13 second plank, 13 modified push-ups, 13 squats Go for a bike ride</p>
15	<p>Wellness: Spring Cleaning Take some time to do a spring cleaning. This could be of your environment or your mind. Take stock of what you don't need and clean out what is not important to you.</p> <p>Fitness: 5x14 (complete 3 sets) 14 jumping jacks, 14 bicycle crunches, 14 second plank, 14 modified push-ups, 14 squats Complete a mile.</p>