Ways to get moving while Social Distancing!

Living room dance party!
Yoga
Go for a walk
Ride bikes
Go for a hike
Shoot hoops/ play ball outside
Play tag
Play hide and seek
Jump rope

Tips for raising fit kids:

😊 Put limits on the time spent using media, which includes TV, social media, and video games. Media should not take the place of getting enough sleep and being active.

😊 Set a regular schedule for physical activity.

😊 Make being active a part of daily life, like taking the stairs instead of the elevator. Embrace a healthier lifestyle yourself, so you'll be a positive role model for your family.

😊 Be active together as a family.

😊 Keep it fun, so your kids will come back for more

Free links with SUPER FUN movement activities for kids:

www.Cosmickids.com
www.gonoodle.com
“Get Kids Moving” YouTube Channel
https://www.youtube.com/user/Glennhigginsfitness
Good morning Webb school Families!

This week we have put together information about exercise! You will also find an attachment with some fun fitness activities that you can do at home. My favorite is the Avengers warm up!

We hope that you are doing well and have been able to enjoy some of this nice weather! As always, please reach out with any questions or concerns.

Nurse Rachel :)