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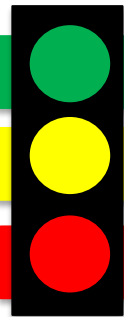
## Physical Activity and Healthy Eating Activities

Week Ten: May 25 – May 29

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 (5-25)	Tuesday (5-26)	Wednesday (5-27)	Thursday (5-28)	Friday (5-29)
Happy Memorial Day!	<b>Physical Activity</b>	<b>Physical Activity</b>	<b>Physical Activity</b>	<b>Physical Activity</b>
	<ul style="list-style-type: none"> <li>Sun A-B-C yoga flow</li> <li>The Body Project workout</li> </ul>	<ul style="list-style-type: none"> <li>Workout of the day (WOD)</li> <li>Extended WOD</li> <li>Push-up challenge</li> </ul>	<ul style="list-style-type: none"> <li>“Move into Stillness” yoga flow</li> <li>Low-impact dance grooves</li> </ul>	<ul style="list-style-type: none"> <li>Geocaching fun!</li> </ul>
	<b>Healthy Eating/Nutrition</b>	<b>Healthy Eating/Nutrition</b>	<b>Healthy Eating/Nutrition</b>	<b>Healthy Eating/Nutrition</b>
	<ul style="list-style-type: none"> <li>Dine on a dime: Cauliflower rice</li> </ul>	<ul style="list-style-type: none"> <li>Healthy snack hack: Watermelon popsicles</li> </ul>	<ul style="list-style-type: none"> <li>Gardening: How to grow seeds</li> </ul>	<ul style="list-style-type: none"> <li>Healthy smoothie: Hidden cauliflower</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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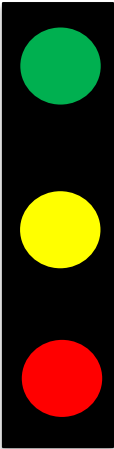
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**Tuesday, May 26**

### **Physical Activity**

Did you know that research tells us that if you're not active when you're young, you are more likely to become an inactive adult? When you're older, being inactive puts you at a higher risk of developing life-threatening conditions such as heart disease and cancer. This is why it's important to exercise and keep yourself fit and healthy starting at a young age!



Today's yoga, the *Sun A-B-C* flow, from the Kids Work It Out program starts with breath as a foundation, then carries it through three separate yoga flows meant to strengthen and ignite body, spirit, and mind.

- Video: <https://youtu.be/rAJtSL2MHZM> (Time: 15:31)
- Handout: [Sun A-B-C Yoga Flow](#)

Today's workout from The Body Project will get you moving! This high-intensity workout is low-impact and requires no equipment, so anyone can do it!

- <https://youtu.be/WjoBQsoekgk> (Time: 29:21)

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: Cauliflower Rice**

Cauliflower is a powerhouse veggie – with each serving packing a punch of fiber and B vitamins, but did you also know it is a great substitute for rice? You can find frozen "rice cauliflower" in your grocery store's freezer section and it's a cheap and healthy way to swap out grains for veggies in many of your favorite dishes. Try it out with one of our recipes below.

#### **Deconstructed Veggie Burrito Bowl**

##### **Ingredients:**

- 2 cups frozen riced cauliflower
- 1 cup canned black beans (drained)
- 2 tsp. Olive oil
- 1/2 tsp. Ground cumin
- 1/2 cup chunky salsa

##### **Instructions:**

Heat olive oil in a large skillet on medium heat. Add in riced cauliflower and black beans. Season riced cauliflower and black beans with ground cumin. Cook on medium heat for 10 minutes. Stir in salsa and heat ingredients together for another 5 minutes.

#### **Simple Veggie Stir Fry**

##### **Ingredients:**

- 2 cups frozen riced cauliflower
- 1 cup fresh or frozen mixed veggies (try: peas, carrots, peppers, edamame, and/or onions)
- 3 tablespoons of reduced sodium soy sauce
- 2 tsp olive oil
- Optional: green onions for garnish

##### **Instructions:**

Heat olive oil in a large skillet on medium heat. Add in riced cauliflower and frozen veggies and cook for 10 minutes. Remove from heat- stir in soy sauce and green onions.



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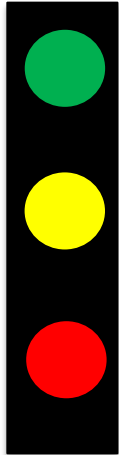
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**Wednesday, May 27**

### **Physical Activity**

Today's workout theme is "goals." Having personal goals is like having a destination on a map – if you don't know where you're going, it's hard to figure out how to get there! Take a few minutes today and set some specific, realistic goals for yourself. You'll be glad you did!



Workout of the Day (WOD)!

- Use [this A-B-C exercise guide](#) (with video demonstrations)
- Using the associated exercises, spell "GOALS". What goals are you setting for yourself today?

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

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

Today's "red" activity involves a push-up challenge! Can you do 10 push-ups? Challenge your friends to join your push-up challenge online. Don't forget to use the *#HealthyKidsQuarantined*

### **Nutrition and Healthy Eating**

We're heading into summer which means we're also heading into watermelon eating season! Watermelon is a healthy snack option because it contains Lycopene a "fight-o-chemical" (phytochemical) that helps fight off sickness – but did you know that you don't just have to eat it off the rind? Try this week's snack hack for a fun new twist on serving up watermelon!

#### **Watermelon popsicles:**

1. Chop up watermelon into small chunks and puree in the blender
2. Pour the pureed watermelon into small paper cups (or popsicle molds).
3. Cover each cup with plastic wrap or foil and insert a popsicle/craft stick (or plastic spoon) through and into the cup.
4. Freeze until hard.
5. Optional: add chopped strawberries, pineapple, or grapes to the molds too!

Feeling extra adventurous? [Check out this website](#) for 10 additional and fun ways to enjoy watermelon!



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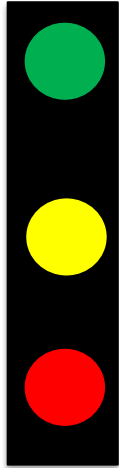
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**Thursday, May 28**

### **Physical Activity**

As the school year winds down, it can be hard to stay motivated to finish your schoolwork. Do you find yourself feeling sluggish? Know what can help? You guessed it - physical activity! Regular exercise can make you feel more energetic, allows you to be more active, and reduces the likelihood that you'll tire during the day. It can also help with your motivation and concentration!



Today's KWIO yoga sequence is a "Move into Stillness Flow" which focuses on energizing and strengthening yoga poses, flows, and spinal stretches. It finishes with guided breathing focusing on tolerance – perfect for home quarantine! ☺

- Video: <https://youtu.be/AoWzmXG6Ss0> (Time: 12:48)
- Handout: [Move Into Stillness Yoga Flow](#)

Try this dance workout, called "Low Impact Dance Grooves" from PopSugar. This workout is a great reminder that low-impact doesn't have to mean low-intensity!

- <https://youtu.be/tfdy5AahM4M> (Time: 29:59)

For your 'red' challenge, 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**

#### **Gardening How-To**

If you want to plant a garden, you need a few things: soil, water, sunlight, and SEEDS! But what is a seed, and how do plants come out of something so small?!

First, let's learn:

1. To start, let's learn a little bit about how tiny seeds grow into a full plant. Watch [this video](#) to learn more.
2. This is also [a great podcast](#) where kids, like you, ask all kinds of questions about how seeds grow. As you listen, think about a question YOU have and try to find the answer online or in a book.

Now, let's try it:

1. Once you've learned all about seeds it's time to plant some! You'll first need some seeds - you can buy vegetable seeds at the store, or you can find some in the foods you eat.
2. Now, you'll need to find a container, pot, or a small plot (get permission before you start digging up your yard!). [This handout](#) will show you how to find and plant seeds.



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**Friday, May 29**

### **Physical Activity**

Have you ever heard of geocaching? It's like a gigantic outdoor treasure hunt with millions of prize-filled containers hidden around the world! Geocaching is a great way to get outside, discover new sites in your town, and even learn about navigation. This is a great activity to do with your family, so head outdoors today and find some treasure!

To get started, just create a free account at [geocaching.com](http://geocaching.com), scan the map for geocaches near you, and use a cell phone's GPS to search for these hidden treasures using the coordinates provided. Once you discover the cache, sign and date the logbook, and note your score online.

Even cooler? Prizes! Typically, geocaches include a small trinket for a 'prize' for finding the treasure. Depending on your comfort level, it's fine to take the prize in the cache as long as you leave behind something of equal or greater value for the next geocachers to find.

Happy hunting!

### **Nutrition and Healthy Eating**

#### **Smoothie Bowls**

If you have some leftover frozen cauliflower rice from the recipes earlier this week, we have the perfect way for you to use it up. Try our hidden cauliflower smoothie- we promise the cauliflower will just give your smoothie a creamier texture and you won't taste it at all!

#### **Ingredients:**

- 1 cup frozen riced cauliflower
- 1 cup frozen strawberries or berries
- 1 small frozen banana
- 1 ½ cup low fat milk
- 1 tablespoon nut butter

#### **Instructions:**

Add chosen ingredients to a blender and blend until very smooth, stopping to scrape down the sides of the bowl and adding more liquid, if needed. Serve immediately.

Enjoy!



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