

Learning Target: Improve cardiovascular endurance (breathing heavy, increased heart rate), flexibility (stretching), and muscular endurance (strength exercises) through completing workouts around 30 minutes each.

Instructions: Each week you are expected to engage in some type of physical activity and fill in the chart.

Video Explanation: [PE/Health Instructions Here](#) || [Wellness & Leadership Instructions Here](#)

- Complete the suggested workout for the week OR you may choose your own
 - You do not have to do both, but you certainly can.
- If you do your own, record it in the “Choice Activity” column. Be as detailed as possible on what you did and it should be at least 30 minutes.
- After the workout, record your thoughts and feelings about it under “Reflection”
- Record a healthy food you made/ate this week from the food group. State why it is healthy for you under “Nutritious Food Choice” (post recipe and/or photos if you can!)
- As an extension, post a photo or video of you exercising in the final column!

	SUGGESTED WORKOUT	CHOICE ACTIVITY	REFLECTION	NUTRITIOUS FOOD CHOICE	PHOTO/VIDEO (optional)
WEEK 1 April 20-24	Sports Cardio			Grains	
WEEK 2 April 27-May 1	30 minute Yoga (may want a yoga mat, but not required)			Dairy	
WEEK 3 May 4-8	Outdoor activity: biking, walking, hiking, running, sport, etc.			Vegetables	

WEEK 4 May 11-15	Family Cardio Workout			Fruits	
WEEK 5 May 18-22	Dance Workout			Protein	
WEEK 6 May 25-29	Lower Body Workout - no equipment needed			Fats/Oils	
WEEK 7 June 1-5	Upper Body Workout - no equipment required			Your choice of food group	
WEEK 8 June 8-12	Pilates - could use light weights or cans or soup but not required			Your choice of food group	

Additional Workouts You Can Do:

[YMCA Bootcamp](#)

[YMCA Pilates](#)

[PE w/ Joe](#)

[HIIT Workout](#)

[YMCA Yoga](#)

[PE w/ Joe](#)

[20 min. stretch](#)

[Workout w/ your dog!](#)