

Mark Honey's Suggested Physical Activities for Kids and Adults:

1) If you can find a relatively secluded place - simply walk or jog with your kids ...might be in your neighborhood, around the track at King High or a local school track, Belle Isle, Metro Beach, Kensington, etc

2) If you have a jump rope, time your kids and put them through exercises they have been doing with me:

- 1st-4th grade - simple jump rope skills or parents spin a long rope
- 5th-8 grade 30 seconds of each of 10 skills (maybe have them do 5 modified push ups in between each skill) the skills are in order: arm crosses/ side to side/up & back/ 4 square/ 1 foot triangle/ boxer shuffle/ straddle cross/ side side jump arm cross/ double unders/ speed jumps 55 jumps in 30 seconds

3) IMPORTANT play catch - use a variety of objects and balls. If you don't have balls, roll up a pair of socks. For younger kids underhand tosses and back up with each catch. For older kids overhand throws increasing distance. Make a game of it!

4) 15 minutes of yoga daily: All the kids 2nd-8th grade have practiced sun salutation. They can do them (find online) the traditional way or use my suggested modifications to build strength and endurance. Here is a modification:

- 2nd - 5th grade: circle up/swan dive/peak up/ push up/ updog/downdog/ float your feet/ peak up/ circle up focus (add tree pose in between each sequence 1 side at a time hold tree for count of 10)
- 6th - 8th grade: with the breath inhale circle up/ exhale forward fold/ inhale halfway lift/exhale plank pose on elbows -

hold for 10 seconds/ side plank right 5 seconds then side plank left 5 seconds/ back to plank and lower to stomach/ exhale into child's pose - then modified push-ups....inhale forward lengthen spine forward and exhale lower through pushup with only hands and knees on the ground - repeat 5 times, then do another sun salutation - repeat for 15 minutes!

5) Play some of their favorite music for them to motivate!!!