Are you ready to have fun while exercising?

Exercise Facts:
- Aerobic exercise, like brisk walking, running and playing sports are best for brain health.
- Being active can help you think, feel and sleep better.
- Children ages 6-17 should get at least 60 minutes of physical activity per day.
- Adults need at least 150 minutes per week of physical activity – that’s 30 minutes a day for 5 days.
- Exercise lowers the risk of heart disease, stroke, type II diabetes, high blood pressure, dementia and Alzheimer’s.

How well can you balance?

The MCM Challenge:
- You can use sidewalk chalk outside or masking tape to play inside.
- Put down lines in different patterns. They can be curved, looped, zig zag, or have sharp angles.
- Try to walk a line like a tightrope without stepping off the line to either side.
- As an extra challenge, children can hop on one foot down the line, try walking it sideways, or walking it backwards.
- See Ms. Tracy demonstrate this activity in a video on our YouTube, Facebook or Instagram.

Want more?
Check out our Healthy vs. Unhealthy activity sheet for another great active activity to do at home! Be sure to take pictures or videos and tag #MCMAtHome