



BALANCING GAME

At Home Edition - #MCMAtHome

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