



DANCE-DANCE-FREEZE!

At Home Edition - #MCMAtHome

Are you ready to have fun while exercising?
Listen to your favorite dancing music and get to sweating!

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.

The MCM Challenge:

1. Get your favorite dancing music ready.
2. Gather your entire family together.
3. Turn on the music and begin moving!
4. Pause the music, try to do this without anyone noticing.
5. Once the music is paused, everyone must freeze in place! Challenge your family members to freeze exactly as they are.
6. Press play to begin dancing again!
7. Continue until everyone is exhausted.

Want more?

Check out our **Home Time Obstacle Course Challenge** activity sheet for another great active activity! Be sure to take pictures or videos and tag #MCMAtHome