



HOME TIME OBSTACLE COURSE CHALLENGE

At Home Edition - #MCMAtHome

Are you ready to have fun while exercising?

Turn your house into an obstacle course for some fun and entertaining exercise time.

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: Begin your days by going through a unique obstacle course! It's a great way to get in your exercise and start your day right!

1. Designate a room in your house devoted to the obstacle course challenge.
2. Find different materials and objects around your house that you can use for the obstacle course.
3. Allow each member of your family to design one or two parts of the course.

Examples:

- Make circles out of towels/blankets on the floor. You have to hop through the circles.
 - Use canned foods to create zig zags. You have to run in zig zags.
 - Use a blanket to create a tunnel between your couch and coffee table. You have to crawl through this tunnel.
 - You can always write exercise challenges on pieces of paper throughout your course. Once you reach the paper, you have to complete the exercise. Perhaps it's 10 jumping jacks.
4. Design and build the obstacle course.
 5. Allow each member of your family to go through at least once. Be sure to time yourself to see who is the fastest!
 6. This is a simple activity you can change up every day!

Want more? Check out our [Dance–Dance–Freeze](#) activity sheet for another great active activity! Be sure to take pictures or videos and tag #MCMAtHome