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.

Help your child figure out how to spell words with their body.

The MCM Challenge:
• You can work together, or your child can work on their own (with your help) to figure out how to create each letter one at a time.
• This is an excellent way to practice spelling words!
• Take photos as you go so that they can see how they are doing.
• You can print out the photos so they can rearrange and make new words.

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