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.

For this interactive activity you will need a partner.

The MCM Challenge:
- This game is like rock, paper, scissors.
  - Elves beat giants.
  - Wizards beat elves.
  - Giants beat wizards.
- You and your child will use your whole body to indicate which character you have chosen.
  - Elves crouch down and make ears on the top of their head with their hands.
  - Wizards use their arms to form a triangle over their heads like a wizard hat.
  - Giants must stand on their tiptoes with their arms over their heads.
- See how fast you can play the game!

Want more?
Check out our Weight Sharing activity sheet for another great active activity to do with a partner! Be sure to take pictures or videos and tag #MCMAtHome