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:
• Stand facing each other.
• Decide who will be the leader first.
• If you are the leader, begin to move in any way you want, keeping your pace slow.
• Your partner will copy you, becoming your “mirror.”
• After a few minutes, switch and let your partner be the leader.

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