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.

An exercise for you mind and body

The MCM Challenge:
- Use index cards or pieces of paper to assign different numbers to pieces of furniture or outdoor landmarks.
- Think of a random number sequence. (Example: 1, 5, 8, 3, etc.)
- Call out the numbers in the sequence one number at a time.
  - 1!
  - 1, 5!
  - 1, 5, 8!
  - 1, 5, 8, 3! (and so on)
- Your child must remember the number sequence by running to each landmark and tagging it before running back to the starting line.
- See if they can work up to remembering the whole sequence.
- This can also be done with colors or letters.

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