Work with a partner to exercise by sharing body weight.

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.

First exercise:
- Hold hands with your partner. Try leaning away from each other. One of you will be able to lean farther away than the other because of the weight balance.
  - Try to balance your weight between you. Your center of gravity should rest between you.
  - Try to balance on one foot while leaning away from each other, or just holding one hand.

Second exercise:
- Put your hands palm to palm and lean toward one another. If you are a parent, it may help to get on your knees, so you are closer to your child’s height.

Third exercise:
- Stand back to back and link arms. Try to squat all the way to sitting on the ground and then stand back up again. Partners will have to press against each other to make this exercise work.
  - This exercise may be too hard to do with a large height difference. Siblings may be able to try it together.

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