**Exercise Options**

Listed below you will find options that will meet the requirements for your fitness log. Please keep in mind if you are doing something physically active and it is not listed it may still meet the requirements. Please email me to make sure.

**Option 1:** 30-minute walk

**Option 2:** 10-minute jog

**Option 3:** Yoga, Strength Training, or any cardiovascular home workout videos from YouTube (include title in log)

**Option 4:** Fitness app workout from phone (include name of app and workout in log)

**Option 5:** Dancing (15-20 minutes)

**Option 6:** Jumping Rope(15 minutes)

**Option 7:** Yard Work ex. Raking leaves, gardening (20-30 minutes)

**Option 8:** Bike Ride (20-30 minutes)

**Option 9:** Play an active game with a family member. Ex. Shoot baskets if you have basket at house. Play catch with football or baseball. (30 minutes)

**Option 10:** Super Hero Body Weight Exercises All of these workouts can be done right at home. Students must complete two sets (two times through the work out)

\*below you will find all the super hero workouts\*

If you have any questions on any movements or activities please email me at bgadacz@nfschools.net

**\*\*Please always remember to do a proper warm-up and stretch before beginning exercise\*\***

**And most importantly have fun with the activities you choose!**

 

 

 

 

 

 