

Creative Ways to Move Your Body

- Have a pillow fight...just don't break anything!
- Schedule a Facetime walk with a friend – both of you can go for your own walk and chat away! Social distancing does not mean being lonely!
- Play a competitive game of Musical Chairs with your family!
- This one you are SURE to love! Put on some [dance music](#) and clean your room – dust the furniture, vacuum, sweep, scrub, rearrange the stuff in your drawers...get cleaning!
- Try this fun home workout from Joe by [CLICKING HERE](#). See if you can get your whole family to join in!