

Creative Ways to Move Your Body

For the week of April 20th (my Mom's birthday!):

- If you have hard surfaces in your house, put on some music, put on some socks and slide around...practice spinning...challenge a family member to see who can slide the farthest... pretend you are a professional ice skater/hockey player...be careful of corners, don't break anything, and watch for splinters! LOL!
- Hopscotch is a great game that can be played both indoors (using floor tiles as markers) and outdoors (with chalk on a sidewalk or in your driveway). Keep making the hopscotch course bigger and bigger, and get hopping!
- Go for a 15-minute walk each day...change your route each day so the view doesn't get boring! (and remember my suggestion for week one: make your walk a Facetime stroll with a friend)
- Finally, I hope you tried the Body Coach's 5-minute workout last week. I challenged you to do it twice. [Here](#) is another one for you to try (how about 3 times this week?) Get moving!!

-Mrs Thorne