



Move your Body for Week 10

MAA Grades 6-8

Move your body for at least 15 minutes each day.

Well, here we are in the last week of on-line learning. So this week, I want to offer some suggestions for getting exercise outside while still practicing social distancing...

1. [Walk in nature](#)...this not only gets you out of the house, but can de-stress you, too!
2. [Go 'camping' in your back yard](#)... With many campgrounds closed, traditional camping is on hiatus. But you can get a similar vibe in your yard. That could mean setting up a picnic out there, making an actual tent or fort, or gathering around a firepit.
3. [Lace up for a run](#)... as long as you're able to social distance, running is a good choice if you want to get out of the house *and* get in a cardio workout at the same time.
4. [Explore Miramichi](#)...you might be missing out on some interesting and beautiful places Miramichi has to offer! For example, have you ever walked the trails at Strawberry Marsh? (you definitely want to bring along fly dope this summer!!)
5. [Bust out your jump rope](#)...when you jump, be sure to start the rope's movement from your wrists, not your shoulders, engage your core, and land on your toes rather than your heels. Try to jump just one or two inches off the ground to improve your ankle stability.
6. [Take some photos](#)...now is an excellent time to take pictures of blooming flowers, apple blossoms, interesting rocks...whatever intrigues you.
7. [Grow some food](#)... the act of gardening can be super-relaxing, and as a happy bonus, you could come out with some delicious—and free—fruits, vegetables, or herbs for your trouble.

8. [Run some stairs](#)... if running isn't your jam, you can still get in an intense cardio workout outside—especially if you live by some stairs.
9. [Ride your bike](#)...you can cycle hard, or go for an easy ride.
10. [Take a hike](#)... We have awesome trails here in Miramichi, and hiking can be a great choice for a relaxing cardio workout. (Just be sure to wear a mask, as there are sure to be others hikers out there.)

Most of all, enjoy the fresh air and sunshine – summer is too short as it is!!

And remember sunscreen!

Have a wonderful summer!!

-Ms Thorne