Hello folks, Imagine that, another chilly winter day in Canada? You will need some open space in your home for these two activities. Activity 1) Healthy Hearts: I challenge you to try 5 circuits (Do all 5 Stations x 5) in a row with a 20 second break between each set of 5. Instead of real skipping, do the Station 3 activity with an imaginary skipping rope (Keep hands down by your hips, rolling the wrists as if you were rotating the skipping rope.)



Activity 2) Golf: Rolling



I hope you accepted my challenge for Healthy Hearts and had some fun golf rolling!

-Mr. Mackinnon