Hey Folks,

Let’s do a little warm up today before heading outside for some fresh air and exercise!

Warm Up:

1. 20 Squat Jumps: Position your feet shoulder width apart, with hands at your sides, lower your butt down by bending at the knees. As your trunk is lowering, raise your two hands up in front of you bringing them together out in front of your face. Once your butt arrives at the low point and your hands have met, quickly jump up with power, thrusting your hands downwards to help you get higher! Repeat for a total of 20.
2. 4 sets of 20 second Planks: Lay face down on the floor and get into a Plank position. (Place your fully bent arms under your chest with your fists positioned your raised chin. Have your body held straight as a board, using your bent toes to raise your legs to the same level as your back. Try to hold for a count of 20 Max Aitkens. Rest for 10 seconds. Repeat this sequence for 3 more sets of 20 Max Aitkens.
3. Running in Place: Counting in your head works but watching a clock may be better for this one.
4. Remaining in one place start to Jog lightly in place for 30 seconds.
5. Switch to “High knees” bring those knees up to bump you outstretched palms (arms bent at the elbow with palms down) for a 30 second count.
6. Skip in place for a 30 second count.
7. Turbo! Run in place at top speed for 30 seconds.
8. Jog in place for another 30 seconds.

Challenge: Get outside, preferably before the freeze up that is supposed to be coming! The snow is very sticky this AM, push some snowballs around to create the three balls you need for a snowman. You may need some help stacking them up! Once you have them stacked, add snow to the 2 places where the balls connect to make if stronger. See if you can get creative with materials around the yard to complete snowman! Have fun!

PS: Make a whole bunch (at least 30) of snowballs to hopefully use after the freeze up in the coming days.

-Mr. Mackinnon