



## Make time for movement

No equipment? No problem! Good things come to those who sweat. How can you use your time to be active, healthier, and happier?


The Centers for Disease Control and Prevention (CDC) suggests that children and adolescents should have more than one hour of physical activity each day. Most of that hour each day should be moderate or vigorous in intensity. Remember, no period of activity is too short to count towards your hour. Read the full CDC guidelines here: [bit.ly/3awG004](https://bit.ly/3awG004)

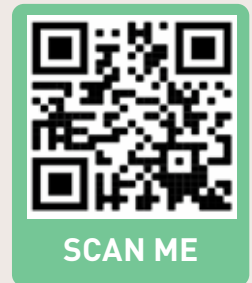
With so many great reasons to be active, here's a suggestion to start your week off right!



### Dance, dance, dance

Did you know that dancing is an excellent way to get your heart rate up and add a little fun time in your day? **Kidz Bop Dance Along Videos** showcase dance moves and aerobic activities to popular songs.

 **Check out their YouTube channel**  
WATCH: [youtu.be/sHd2s\\_saYsQ](https://youtu.be/sHd2s_saYsQ)



## Did you know?

Fun activities that burn 50 calories each and can be done in a socially-distanced way:

- **Hiking** – burns 54 calories in 6 minutes
- **Catch/fetch** – burns 54 calories in 18 minutes
- **Fishing** – burns 51 calories in 15 minutes
- **Grilling** – burns 57 calories in 27 minutes
- **Kicking a soccer ball** – burns 79 calories in 10 minutes
- **Yoga** – burns 50 calories in 12 minutes
- **Low-impact aerobics** – burns 55 calories in 10 minutes
- **Skateboarding** – burns 50 calories in 10 minutes
- **Dancing** – burns 60 calories in 10 minutes
- **Rope jumping** – burns 50 calories in 5 minutes
- **Gardening** – burns 50 calories in 12 minutes
- **Washing a car** – burns 60 calories in 13 minutes

Bottom line – now is the time to build in some physical activity into your life. Health, mental wellness, more time, and fun are more than enough reasons to get sweaty.

**Students!** Answering our questions? Using our strategies? Share them with us at [discovery@worldstrides.com](mailto:discovery@worldstrides.com).