



American
Heart
Association.



It's Indoor Recess Time!

Rain, snow or sleet making the sun not shine? That means it is indoor recess time! Stay active with this activity below from the American Heart Association.

Materials Needed:

- *Several arrow signs*
- *5-10 movement signs*
- *5-10 fitness stations*
- *3 stretching signs*

Activity: Indoor Fitness Trail

No equipment is needed to create this environment that promotes physical activity for students and staff.

How to Play

1. Arrange stations away from occupied classrooms.
2. Hang the arrows and movements to show the directions they should travel.
3. The students do a lap stopping at fitness stations to complete a task like 10 jumping jacks, lunges, wall sits, frog hops, etc.
4. The movement signs should tell them how to "move" to the next station: i.e. tip toe, skip, gallop, side slide, etc.
5. Students are finished after completing the stretching and calming station.

Heart Fact of the Day: For every hour you exercise you gain 2 hours of life expectancy. That's a pretty good two for one offer!