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!