

Finding Ways to Stay Active at Home is Good for Your Physical & Mental Health

This document is not intended to be an exhaustive list of resources, but is meant to provide ideas for your family so you can stay healthy at home through physical activity. If you don't have exercise equipment at your home check out this [equipment replacement list](#) for ideas. Also be sure to take advantage of the high quality resources shared by your childrens' physical and health education teachers via remote learning. The following resources are available to your family at no cost:

Early Childhood Physical Activities (Infants-Age 5)

Move, Learn, and Play at Home with activities from SHAPE America. These activities offer a variety of ideas, strategies, information and resources for parents to use the space within their homes, the materials they have, and their limited time to model and encourage physical activity. Access Resources for: [Infants](#), [Toddlers](#), and [Pre-K](#).

Fun Workout, Dance, & Sports Videos for Kids (K-5th)

Avengers Workout	Black Panther Workout	Captain America Workout	Spiderman Workout	Iron Man Workout
Guardians of the Galaxy Workout	Batman Workout pt 1	Batman Workout pt 2	Harry Potter Workout pt 1	Harry Potter Workout pt 2
Moana Workout	Mulan Workout	The Lion King Workout	The Incredibles Workout	The Jungle Book Workout
Peter Pan Workout	Frozen Dance Workout	Sworkit Kids Workouts	GoNoodle	Kids Bop Dance Along
Cosmic Kids Yoga	Yoga For Kids	Alo Gives Yoga	NFL Play 60 Videos	Tennis at Home
Jr. NBA at Home	Mirror Challenge with NBA Stars	1-on-1 with WNBA Star	Classroom Soccer Coach	Soccer Sprint with MLS Star

Physical Activity & Game Ideas for Kids and Families

[#PlayAtHome with Playworks](#) This playbook was developed for kids and families who may be playing at home due to school closures; the games were created specifically to ensure that children can play in the space safely and in accordance with all CDC guidelines to help prevent the spread of coronavirus. The resource has also been translated into 6 other languages besides English and can be found [here](#).

[BOKS at Home Guides](#) Build Our Kids Success (BOKS) recently developed free guides that can be used at home to keep kids healthy, happy, and active while at home due to coronavirus: [Physical Activity Fun Pack](#), [BOKS Physical Activity Bursts](#), and [Yoga & Mindfulness](#).



[SPARKhome Resources](#) Create a free account to access 3 weeks of materials (15 per program: Early Childhood, K-2, 3-6, Middle School, and High School) to keep kids active and healthy.

[fitBoost Activity Online](#) or [Printable Version](#) 5 minute fitBoosts that include a warm-up to get your muscles ready to move, a movement to increase your heart rate, and a cool down.

[Monopoly Family Fitness](#) This game has the same structure as the board game 'Monopoly' and is a fun way to get active as a family. Use these [Player Score Cards](#).

[Healthier Generation Moving More at Home Resources](#) A new collection of free, home-based activities, tools, and videos to make moving more at home easy and fun for the whole family.

[Wide Open School](#) A variety of exercises and videos for families and kids grades K-12.

Physical Activity & Exercise Ideas for Teens (6th-12th)

[Healthier Generation Physical Activity Cards](#) These cards provide ideas for short physical activity breaks that require no equipment and are appropriate for all ages.

[Darebee Fitness Workouts](#) This site has a ton of workouts to choose from, many of which require no equipment.

[Periodic Table of Bodyweight Exercises](#) Click on each exercise you'd like to perform to see a quick "how to" video on how to properly perform the exercise.

[March & April Mind & Body Calendars](#) SHAPE America's health.moves.minds program develops monthly calendars to provide ideas for youth and encourage them to take care of their mind and body. For previous calendars check out their [website](#).

[COVID Fitness Bingo](#) To keep yourself active, try playing this fitness bingo game. Choose 5 squares in a winning COVID Bingo pattern each week (1 square per day).

Inclusive Exercise

[Fitbound Inclusive Videos for Kids Ages 7+](#) Fitbound is a platform that provides all individuals with and without disabilities the opportunity to exercise in a purposeful, fun, and collaborative way. To access the videos: set up a free account, search all videos, and open the "Inclusion Collaboration" series.



[Workout From Home: Options for People with Disability and/or Chronic Health Conditions](#) The National Center on Health, Physical Activity, and Disability (NCHPAD) has developed a playlist of exercise videos for kids and adults of all abilities.

[Move United](#) Move United works to help youth and adults with disabilities develop independence, confidence, and fitness. Their site offers both virtual live events and on-demand videos. They are currently providing [FREE #AdaptAtHome Fitness Kits](#) for persons with disabilities who need equipment to exercise at home.

[Special Olympics Fitness Videos](#), [Fitness Cards](#), and [School of Strength Videos](#) Special Olympics is an organization that develops content and programming specifically for individuals with intellectual disabilities.

