

McBride Wellness Weather Packet (NTID) Assignments

Day #6

** Please complete the following exercises. All exercises should be able to be done with no equipment, in your own home.**

- 1 minute- Jogging in Place
- 30 seconds- Jumping Jacks
- 30 seconds- Squat Jumps
- 30 seconds- Push Ups
- 30 seconds- FitnessGram sit ups
- *Repeat this 3x through*

Day #7

Complete the following workout!

- 25 Squats
- 25 Push Ups
- 30 Lunges each leg
- 45 second Wall Sit
- 50 Jumping Jacks
- 30 Crunches
- 45 second Plank
- *Repeat 2x*

Day #8

Coronavirus Questions! Please answer the questions on a blank piece of paper.

1. What can you do to protect yourself against contracting the Coronavirus?
2. What are some ways that the Coronavirus is spread from person to person?
3. Read an internet article, watch the news, or speak with an adult about how the Coronavirus originated. Where did the virus come from?

Day #9

Think back to our lesson on the 5 different food groups. Remember, the 5 essential food groups are: Grains, Dairy, Fruit, Vegetables, and Protein. Use a piece of paper to create a chart that lists 5 examples of foods that belong in each food group. Hint: If you need 5 food items in each of the 5 food groups, you should have 25 food items listed total.

Day #10

Take a walk! On your walk, make sure that you are breathing in all of the fresh air and the beauty of the outdoors. Spend some time reflecting on the week and soaking up all of the Vitamin D that you can. After all, there are many benefits of Vitamin D. Some of these include: building and maintaining strong bones, and helping prevent different types of adulthood diseases (diabetes, heart diseases, etc). Make sure to have an adult sign off on this one!