

7 Days of Family Health & Wellness at Home

Day 1: Dance

- Daily Activity: [Kids Bop Dance](#)
- Recipe: [Berry Nuts Granola Bars](#) and [Homestyle Chicken Noodle Soup](#)
- Parent Tip of the Day: [Physical Activity Recommendations for Kids](#)

Day 2: Beach Body Workout

- Daily Activity: [Kids Workout Routines by Beach Body](#)
- Recipe: [Ranch Chive Popcorn](#)
- Parent Tip of the Day: [Limit Screen Time](#)

Day 3: Get Outside

- Daily Activity: GO OUTSIDE! Try riding your bike, playing hopscotch, skateboarding, roller skating, etc.
- Recipe: [Chunky Marinara with Pasta](#) and [Tropical Fruit Smoothie](#)
- Parent Tip of the Day: [Take Action to Control Stress](#)

Day 4: BE SILLY!!

- Daily Activity: [Go Chicken Fat Workout](#)
- Recipe: [Vegetarian 3-bean Chili](#) and [Sweet and Spicy Veggie Dip](#)
- Parent Tip of the Day: [When is the best time of day to exercise?](#)

Day 5: Yoga Day

- Daily Activity: [K-3 Yoga](#) [K-3 Cosmic Kid Yoga](#) [3-6 Yoga](#)
- Recipe: [Slow Cooker Barbeque Chicken](#) and [Frozen Yogurt Pops](#)
- Parent Tip of the Day: [How to Boost Willpower](#)

Day 6: Would You Rather

- Daily Activity: [This or That Warm Ups 1](#) [This or That Warm Ups 2](#) [This or That Warm Ups 3](#)
- Recipe: [Peanut Butter Banana Protein Bars](#) and [Tuscan Bean Soup](#)
- Parent Tip of the Day: [Better Your Sleep Routine](#)

Day 7: Card Games

- Daily Activity: [Fitness Uno](#) [Fitness Card Games](#)
- Recipe: [Avocado Pesto Dip](#) and [Raspberry Lemonade Slushy](#)
- Parent Tip of the Day: [How to Sneak in More Vegetables](#) , [Fresh, Frozen and Canned Can All be Healthy](#)

ADDITIONAL RESOURCES

- Kids:
 - [Get Moving with the PLAY 60 app](#)
- Parents
 - [Take Time for Yourself](#)
 - [How Food and Mood Pair Up](#)
 - [How to Keep Fruits and Vegetables Fresher Longer](#)

Resources: www.youtube.com www.aha.com