

Resources for “All Play!”

So, why be physically active? One of the best things people can do to improve their health is to *MOVE MORE!* There are so many benefits for everyone. Active adults generally live longer and are at less risk for other health conditions like heart disease, Type 2 diabetes, obesity, and some cancers. Physical activity in children improves aerobic fitness, bone health, and academic performance.

Before you begin: Always consult your physician before beginning any exercise program. Consult your healthcare professional to design an appropriate exercise regimen for your current health status and needs. If you ever experience any pain or difficulty during exercise (e.g., pain, weakness, unsteadiness, light-headedness or dizziness, chest pain or pressure, nausea, or shortness of breath, etc.), stop and consult your healthcare provider. Mild soreness after exercise may be experienced after beginning a new exercise. Contact your physician if the soreness does not improve after 2-3 days.

So, what can I do? Or where do I start? Below are some great ways to fit physical activity into your workday and be active with the children in your child care setting. These examples can be done alone or with the children in your care. Remember, thirty minutes of activity can be spread out to 10-minute increments or less.

Move to the music and active play resources:

- ❖ Fit Sanford Health Program: <http://www.sanfordfit.org/>. Whether you're a parent, educator, or childcare provider, you can activate healthy choices every day. Check out all the free resources *fit* Sanford Health Program has to offer and become a health activator in your worksite.
 - After going to the main page, scroll down the page and select *Child Care* to refine your search. Here you will find many resources that may be of great value to you and your worksite.
 - *fitSongs* – you can listen to or download fun songs to move to.
 - *fitGames* – you can print out or read about fun games to do with the children in your care.
 - *fitBoost* – you can learn fun physical activity breaks to enhance physical fitness for yourself, your employees, and the children in your care.

- ❖ Educational songs, music and videos by Patty Shukla can be located at <https://pattysukulakidsmusic.com/> or <https://www.facebook.com/pattysukulakidsmusic/>. Patty Shukla is an American singer, songwriter, and musician. She is an internationally recognized expert in educational-interactive music for children. She developed her own music show called “Musical PE For You & Me” that is based on interactive development skills for early childhood curriculum. Patty Shukla is frequently a keynote speaker for

educational workshops nationwide. Here is just a “taste” of her many great songs to incorporate into your routine:

- I can do it with 15 More Action Songs for Children with Patty Shukla Compilation:
<https://www.youtube.com/watch?v=TfSx50Cnk0U>
 - “Jump!” Children’s song by Patty Shukla:
<https://www.youtube.com/watch?v=kcOJDpj5TSY>
 - “Stand Up, Sit Down” Children’s Songs by Patty Shukla:
<https://www.youtube.com/watch?v=t9WAGkQUUL0>
- ❖ Who remembers Sesame Street? Now you can have fun and break a sweat with the Sesame Street Grover’s Workout Video:
<https://www.youtube.com/watch?v=sl86AqV0bvs>
- ❖ How about getting your groove on with Buddy from Dinosaur Train; Curious George; Dr. Seuss; Hooper; and many more from the PBS kids dancing video:
<https://www.youtube.com/watch?v=FsP7bOZFCZg>
- ❖ What do you get when elite, Fit Kid athletes lead you through six exciting workouts? You get the Fit Factor! Follow along as our Fit Kids guide you through six fun kids exercise workouts. Finish each kid exercise workout in less than ten minutes to strengthen muscles, increase flexibility, and learn balance.
- Fit Factor. Animal exercise for kids with animals:
<https://www.youtube.com/watch?v=26guG6wr5so>
- ❖ The National Center for Health, Physical Activity, and Disability has several videos on how to incorporate exercise into the day for those children or employees with disabilities. Check out the following links:
- Yoga exercise for children with disabilities:
<https://www.youtube.com/watch?v=Dq1XBAKIZEM>
 - Seated bicycle crunches:
<https://www.youtube.com/watch?v=RTLchezInqI>
- ❖ Learn the basics of strength training in the comfort of your own home with Jordan D. Metzl, M.D. Dr. Metzl is a sports medicine physician at the Hospital for Special Surgery in New York City. He is the author of 5 books, including Dr. Jordan Metzl’s Workout Prescription. Karen Barrow is a senior staff editor for Well at The New York Times.
- The 9-minute strength workout: <https://www.nytimes.com/guides/well/strength-training-plyometrics>
- ❖ Kelly Couturier is a senior staff editor on the business desk at The New York Times. She is a certified yoga teacher who has written about yoga for The New York Times and

teaches a weekly yoga class at the company. Learn the basics of yoga and so much more at: <https://www.nytimes.com/guides/well/beginner-yoga>

- ❖ Like working out with fitness bands? Then check out Amie Hoff and Beth Wieczorek who are sisters and co-founders of FitKit and Life² LLC. Their mission is to offer an affordable, easy to use workout system with all the tools for a total body workout that could be done anytime, anywhere. No excuses! Click on the link to reach your fitness goals: <https://fitkit.com/>
 - Looking for specific exercise to do with fitness bands? Check out the library of fitness band exercises at: <https://fitkit.com/exercise-library/>

- ❖ Leslie Sansone is an internationally recognized fitness expert and creator of the Walk at Home fitness program. Her philosophy is simple: Our bodies were made to move, and we can Walk our way to health and wellness! Leslie holds eight fitness certifications from organizations including The American College of Sports Medicine and the Cooper Institute. Here are some great short walking workouts just for you:
 - A 5-minute mini-walk to get your heart rate up: <https://www.youtube.com/watch?v=5l-yDJ1Jykw>
 - A 5-minute Health Boosting Walk: <https://www.youtube.com/watch?v=bLRZaqrneAI>
 - The One Mile Happy Walk: <https://www.youtube.com/watch?v=njeZ29umqVE> (1 mile 15-minute walk)

- ❖ Regardless of income level or access to a gym Fitness Blender offers hundreds of free, full-length workout videos. Fitness Blender was created by Kelli and Daniel; a husband and wife team of personal trainers who thought fitness should be accessible to everyone, regardless of their income. Check out their workouts at <https://www.fitnessblender.com/>.
 - Looking for a workout that's fun for kids and adults? Look no further! This 25-minute workout includes fun games like "Red Light, Green Light" and can be broken down into 10-minute intervals. Check out the fun at: https://www.youtube.com/watch?v=McD6_oOWs-M
 - Want a quick 10-minute total body workout? This one will get your heart pumping and boost your energy: <https://www.fitnessblender.com/videos/total-body-cardio-workout-to-burn-fat-and-boost-energy>

- ❖ Want to make movement a necessary part of your daily routine? GoNoodle has hundreds of videos that activate kids' bodies and brains. Here you will find many resources that may be of great value to you and your worksite. Check out their resources at: <https://www.gonoodle.com>

- ❖ How about some serious calorie burning with Powwow Sweat? Powwow Sweat promotes fitness through traditional dance moves. The members of the Coeur D'Alene tribe demonstrate the basic step that's used in traditional powwow dances. Check out this fun

and educational dance at: <http://www.npr.org/sections/health-shots/2017/04/17/522994311/powwow-sweat-promotes-fitness-through-traditional-dance>

- Learn more about what you get with the Powwow Sweat at: <https://www.youtube.com/watch?v=nLvytOV5myQ>
- Get in shape through traditional dance. PowWows.com has several traditional dance videos listed. They're just a click away at: <http://www.powwows.com/get-in-shape-the-pow-wow-way/>

Example of challenges to do with staff:

Challenges can be a great approach to build employee morale. It's an effective way to get to know your employees "strengths" and build up those feel-good hormones throughout the day. Here are a few examples:

- ❖ Walking challenge – See who can get the most steps in during the week.
- ❖ Walking breaks – Encourage 15-minute walking breaks for all employees (rotating coverage needed within the facility so that adequate childcare is provided during those breaks).
- ❖ Plank challenge – See who can hold a plank position the longest (modify as needed).
- ❖ The Squat Challenge – See who can do the most squats in 30 second, 45 seconds, or 60 seconds (modify as needed).

Apps and Websites to refer to:

- ❖ Find your fit with Fitbit's fitness products that can help track your activity, exercise, and much more at: <https://www.fitbit.com/home>
- ❖ Want to track your activity level and much more. Click on: <https://www.myfitnesspal.com/>. Here you will find great resources to not only map your walk or run, but much more.
- ❖ Looking for music that fits your activity or can get you moving? Choose your music by genre, workout type, and much more at Fit Radio. Check out the various radio stations at: <http://www.fitradio.com/>
- ❖ Are you someone who likes to ride bike? Cyclemeter is the place for you! Check out how you can track your miles at: <https://abvio.com/cyclemeter/>
- ❖ Want to track your running and riding with GPS, join Challenges, share photos from your activities, and follow friends? Check Strava out at: <https://www.strava.com/mobile>
- ❖ The Johnson & Johnson Official 7 Minute Workout App was designed by Chris Jordan, Director of Exercise Physiology at the Johnson & Johnson Human Performance Institute. Click on the following link to make every minute count: <https://7minuteworkout.jnj.com/>