



Healthy Hoosier Challenge

4th-7th Grade

In an effort to help promote our students' wellbeing while at home, IDOE created this physical activity challenge!

Activity Selection:

1. 4 Walls
2. Card Fitness
3. Cardio!
4. Cardio Dance
5. Circuit Workout
6. Cooking Class with the YMCA
7. Cupid Capacity Dance
8. Dance, Dance, Dance!
9. Dribble Challenge
10. Full Body Workout
11. Get Fit with the Indiana Fever
12. HIIT Workout
13. How Fast Can you Go?
14. Jump, Jump, Jump
15. Mindful Moment: Breathing
16. Mindful Moment: Gratitude
17. Mindful Moment: Positive Talk
18. Mindful Moment: Senses
19. PE with Coach Joe
20. Squat jumps
21. Sample a new daily workout routine
22. Try a Tabata Workout
23. Try a Beginner's Workout
24. Twist and Fold
25. Visit YMCA of Greater Indianapolis-Virtually!
26. Step Ups
27. Towel Fitness Challenge
28. Walking and Talking
29. Yoga
30. Zumba

How to complete the challenge:

1. Choose an activity from the list to complete each day! You can do each activity three times.
 2. In each box write the number of the completed activity.
 3. Have an adult in your household sign your form here:
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4. Once your challenge is complete, view our [Healthy Hoosier Challenge Prizes](#)
 5. Print your form OR save it on your tablet/phone and take it to one of our sponsors to receive your prize!

Date:	Date:	Date:	Date:	Date:	Date:
Date:	Date:	Date:	Date:	Date:	Date:
Date:	Date:	Date:	Date:	Date:	Date:
Date:	Date:	Date:	Date:	Date:	Date:

Safety Tips:

1. If exercising outdoors, maintain a 6 foot distance from people that do not live in your household.
2. Make sure you stretch before you begin any exercise routine.
3. [Be sure to drink plenty of water!](#)



SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!



@EducateIN

#HealthyHoosierChallenge