

Healthy Hoosier Challenge

8th-12th Grade

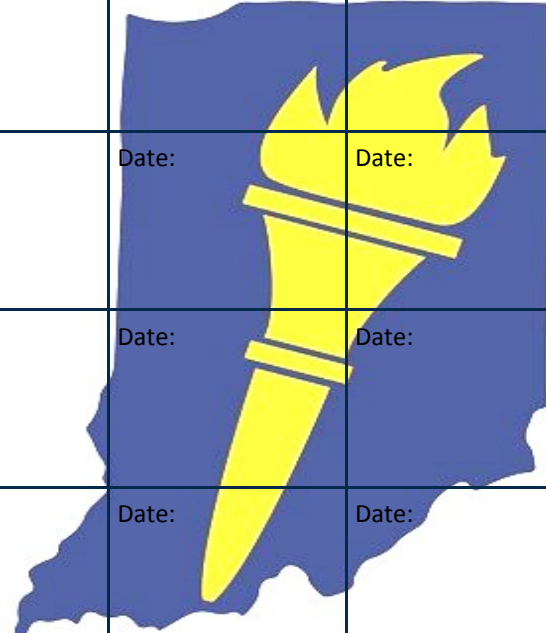
In an effort to help promote our students' wellbeing while at home, IDOE created this physical activity challenge!



How to complete the challenge:

- Choose an activity from the list to complete each day! You can do each activity three times.
 - In each box write the number of the completed activity.
 - Have an adult in your household sign your form here:
- Once your challenge is complete, view our [Healthy Hoosier Challenge Prizes](#)
- 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:



- | | | |
|--------------------------------|------------------------------------|---|
| 1. AMRAP | 11. Field (HI)IT | 21. Sample a new daily workout routine |
| 2. Card Fitness | 12. Full Body Workout | 22. Squat jumps |
| 3. Cardio | 13. Get Fit with the Indiana Fever | 23. Step Ups |
| 4. Cardio 2 | 14. HIIT Workout | 24. Towel Fitness Challenge |
| 5. Cardio Dance | 15. Jump, Jump, Jump | 25. Try a Tabata Workout |
| 6. Circuit Workout | 16. Mindful Moment: Breathing | 26. Try a Beginner's Workout |
| 7. Cooking Class with the YMCA | 17. Mindful Moment: Gratitude | 27. Twist and Fold |
| 8. Crazy 8's Circuit | 18. Mindful Moment: Positive Talk | 28. Visit YMCA of Greater Indianapolis-Virtually! |
| 9. Cupid Capacity Dance | 19. Mindful Moment: Senses | 29. Walking and Talking |
| 10. Endurance EMOM | 20. Run With (HI)IT | 30. Yoga |

Safety Tips:

- If exercising outdoors, maintain a 6 foot distance from people that do not live in your household.
- Make sure you stretch before you begin any exercise routine.
- [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

