

Healthy Hoosier Challenge

Activity Descriptions

8th-12th Grade

| Activity Number | Activity Name | Activity Link/Description |
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| 1 | AMRAP (As many rounds as possible) | <p>Set your timer for 20 minutes. Complete as many rounds as possible (AMRAP) of the following:</p> <ul style="list-style-type: none"> • 10 Push Ups • 10 Squats • 10 Crunches • Make sure to keep track of your score – a great way to measure progress. <p>Click here to view exercise instructions.</p> |
| 2 | Card Fitness | <p>Take a deck of cards, flip the top card. Complete exercises based on the suit & number on the card.</p> <p>Face cards are worth 15 Spades- jumping jacks Clubs- squats Hearts- mountain climbers Diamonds- Your choice</p> <p>Click here to view exercise instructions.</p> |
| 3 | Cardio | <p>Complete 30-45 minutes of any one of these exercises:</p> <ul style="list-style-type: none"> • Walk • Bike • Swim (if possible) |
| 4 | Cardio 2 | <p>Complete 20-30 minutes of any one of these exercises:</p> <ul style="list-style-type: none"> • Power walk • Jog/run • Walk up and down stairs |
| 5 | Cardio Dance | <p>Take a few minutes to do this fun dance with The Fitness Marshall!</p> |
| 6 | Circuit Workout | <p>Do 3 sets of the following exercises. Do 10-12 reps for each and move from each exercise with little to no rest. Take a 2-3 minute rest between each set!</p> <ul style="list-style-type: none"> • Push-ups • Squats • Lunges • Crunches • Tricep dips |

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| 7 | Cooking Class with the YMCA  | Make a healthy snack with our friends from the YMCA! |
| 8 | <p>Crazy 8's Circuit</p> | <p>Complete 8 rounds of the following circuit, resting 2 minutes between each round.</p> <ul style="list-style-type: none"> • 8 Squats • 16 Pulse Squats • 8 Lunges • 8 Reverse Lunges • 8 Side Lunges (each leg) • 8 Oblique Jacks • 8 Straight Leg Deadlifts |
| 9 | <p>Cupid Capacity Dance (From OpenPhysEd)</p> | <p>Try this new workout to the tune of the Cupid Shuffle! Complete the Cupid Shuffle using fitness movements in order to feel our body's physiological response</p> |
| 10 | <p>Endurance EMOM (Every minute on the minute)</p> | <p>Set your timer for 15 minutes. Every minute on the minute (EMOM) complete 15 squats.</p> |
| 11 | <p>Field (HI)IT</p> | <p>Make your way to a field of your choice (baseball, football, soccer, park, or an open space).</p> <ul style="list-style-type: none"> • Take about 50 steps to designate your runway. • Jog or power walk a total of 15 times between point A and B, resting 15 seconds between each jog or power walk. |
| 12 | <p>Full Body Workout</p> | <p>Try this Full Body 10 Minute Routine you can do at home with no equipment needed.</p> |
| 13 | <p>Get Fit with the Indiana Fever </p> | <ul style="list-style-type: none"> • Cardio and Lower Body Workout w/ Tiffany Mitchell • Leg and Upper Body Workout w/ Tiffany Mitchell • Arms and Legs Workout w/ Julie Allemand Lower Body and Squats w/ Tiffany Mitchell |
| 14 | <p>HIIT Workout</p> | <ul style="list-style-type: none"> • Try this 20 minute High Intensity Interval Training (HIIT) workout made just for kids! |
| 15 | <p>Jump, Jump, Jump (From SHAPE America)</p> | <p>Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice. Do this for 10 minutes!</p> |
| 16 | <p>Mindful Moment: Breathing (From SHAPE America)</p> | <p>For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing</p> |

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| 17 | Mindful Moment: Gratitude (From SHAPE America) | Take a moment to sit quietly and write down something you're thankful for and why. |
| 18 | Mindful Moment: Positive Talk (From SHAPE America) | Be sure to talk to yourself today like you would talk to someone you love. |
| 19 | Mindful Moment: Senses (From SHAPE America) | <p>What do you notice around you? Find:</p> <ul style="list-style-type: none"> • 5 things you see • 4 things you feel • 3 things you hear • 2 things smell • 1 thing you taste <p>Close your eyes and take 5 slow deep breaths.</p> |
| 20 | Run With (HI)IT | <p>Choose one of the following activity combinations (you can use a treadmill or the great outdoors!)</p> <p>Walk + Speed Walk Speed Walk + Jog Jog + Spring</p> <ul style="list-style-type: none"> • Create a 20 – 30 minute playlist • Start your activity of choice at a comfortable pace • When the chorus strikes, take your activity up a notch (20-30 seconds) • When the chorus is over, return to your comfortable pace. • Repeat until your playlist is complete |
| 21 | Sample a new daily workout routine | Kids need to exercise every day to be healthy and strong. Try a new daily workout routine! |
| 22 | Squat jumps (From PBS) | <ul style="list-style-type: none"> • Stand with your feet hip- width apart, bend your knees, and squat your butt back and down, then jump straight up in the air, and land back down in the squat with knees bent. See how many you can do! |
| 23 | Step Ups | To start, place your entire right foot onto the bench or chair. Press through your right heel as you step onto the bench, bringing your left foot to meet your left so you are standing on the bench. Return to the starting position by stepping down with the right foot, then the left so both feet are on the floor. |
| 24 | Towel Fitness Challenge | Grab a Towel and someone from your household (a sibling or an adult) and try the Towel Fitness Challenge! |

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| 25 | Try a Tabata Workout | Jump squats, 20 seconds of work, 10 seconds of rest, 8 rounds |
| 26 | Try a Beginner's Workout | New to physical fitness? Learn how to get in shape with a fun new workout routine! |
| 27 | Twist and Fold (From Darebee.com) | Twist & Fold is a workout that will transform the way you feel about yourself and your body in very little time. But more than that, it will transform the way your mind connects to your body and revitalize you on any given day. |
| 28 | Visit YMCA of Greater Indianapolis-Virtually!  | <ul style="list-style-type: none"> • 30 in 30 • HIIT with Jen • HIIT with Rachel • 30 in 30 with Shyla and Taj • HIIT with Jen (outside) • Y Aquatics (Dry-land Activities) • Y Sports (Basketball, Running, Soccer, and more!) |
| 29 | Walking and Talking (From SHAPE America) | Grab someone from your household and take a walk for 30 minutes. While walking, talk about ways you and your household could find fun ways to exercise together! |
| 30 | Yoga (From OpenPhysEd) | Good Morning! Start your day with a Sun Salutation. |