Mind and Body Fitness (Advanced)

Activities:

Exercise:

- ☐ Go for a walk or walk on a treadmill on three occasions for at least **10** minutes.
- ☐ Try two other cardiovascular exercises, like swimming, biking, scooter riding, or basketball.
- ☐ Try an exercise video, like the Leslie Sansone 5 Minute Mini-walk (https://www.youtube.com/watch?v=vAXKIcC-zC0) or Calorie Burning Cardio Warmup (https://www.youtube.com/watch?v=iYFKB5fgqtQ&t=101s).
- ☐ Pick one exercise you have tried, and do it on five occasions.

Self-calming:

- [ ] Try a calming movement routine, like 5 Minute Easy and Relaxing Yoga for Anxiety: https://www.youtube.com/watch?v=q3ZkuwabZyQ.
- [ ] Try a meditation or self-calming routine or app, like Sa-Ta-Na-Ma at https://youtube.com/shorts/G6DLLhPJYzo; The Equal Breathing Method: An Exercise to Calm Anxiety at https://www.youtube.com/watch?v=mkJ5H0fnogQ; the Breathe2Relax app; The 5-4-3-2-1 Method: A Grounding Exercise to Manage Anxiety at https://www.youtube.com/watch?v=30VMIEmA114 or Heartbeat: A Mindfulness Exercise to Calm Your Emotions at https://www.youtube.com/watch?v=3iUf73v92lI.
- [ ] Pick one movement routine and one meditation or self-calming app, and use each on five occasions.

When you have successfully completed all activities, you officially have the Mind and Body Fitness Advanced skill recognition!