NAME YOUR MOVEMENT!

This week's Wellness Wednesday activity will encourage you to get creative on how to bring movement into your day.

Come up with an exercise for each letter in your name. Once complete, try out your physical activity sheet!

Example: K - A - T - E -- **K**icks, **A**nkle stretches, **T**ight rope walking, and **E**levating legs to the wall

For more home wellness resources, visit cws.mpls.k12.mn.us/home_wellness_resources.

MINNEAPOLIS PUBLIC SCHOOLS
Culinary & Wellness Services