



fitCLUB

Recharge Activity Cards

fit

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CHILD'S POSE

Take time to relax before bedtime. Add this stretch to your bedtime routine—don't forget to breathe deeply.



SITTING TOE TOUCH

Relax your mind with a quiet stretch. Close your eyes and think about your favorite quiet space.



EASY POSE

Mindfulness is when you pay attention on purpose. Practice mindful breathing while you stretch.



SHOULDER STRETCH

Feeling sluggish?
Refresh your body and
mind by stretching
slowly.



HUG KNEES ON BACK

While hugging your knees, focus on your breath. Breathe in while counting to three, then breathe out while counting to three as well.



OVERHEAD STRETCHES

After breakfast, pause to recharge. Reach high to start your day with an energizing stretch.



BUTTERFLY

Listening to music can help you relax your body and mind. Take time to pause, turn on your favorite song, and stretch.



CROSSOVER TOE TOUCH

Feeling bored? Instead of reaching for a sugary snack, take time to recharge your body with this stretch.



SHOULDER SHRUGS

Screen time before bedtime only stimulates your brain. Swap that screen for a few simple stretches.



SHOULDER ROLLS

You think better when you are relaxed. Stretching before doing homework will help to loosen up your body.



QUADRICEPS STRETCH

Stretch for 5 minutes before school. It can help you focus for the day ahead.



NECK ROLL

Just like your body needs energy to move, your mind needs energy to think. Recharge your energy with a quick stretch.



OPEN CHEST STRETCH

Open your chest and fill your lungs with air. This will help get oxygen to your body and give you energy.



SIDE STRETCH

Turn off all screens 30 minutes before bedtime. Wind down with some stretches or other quiet activities that do not involve a screen.



DEEP BREATHS

Calm your mind by taking 5 deep breaths several times throughout the day. Close your eyes and listen to the sounds around you.



TRICEP STRETCH

A bedtime routine can help you get a good night's sleep. Add your favorite stretch to your bedtime routine!



HANG LOOSE

Relax several times throughout the day with an easy stretch.



TREE

Sometimes when you are tired, your brain can trick you into thinking you are hungry. Instead of reaching for food, drink a glass of water and test your balance with this pose.



WARRIOR II

Focus on your breathing! Breathe in through your nose like you are smelling a flower. Breathe out through your mouth like you are blowing out a candle. Repeat 5 times.



You CHOOSE!

Belly breath! Inhale through your nose. Feel your belly fill up. Exhale through your mouth. Repeat 5 times.

