Weekly Physical Education Workouts Week 1

**Keeping up with regular exercise is important for your physical and emotional health. Your goal should be to engage in 60 minutes of exercise each day. That is challenging now that gyms and sports teams are on hold for right now. Exercise helps develop a strong heart and has many health benefits. Lower cholesterol levels, reduced chance of cardio vascular disease and improved metabolism. If you keep exercising through your life, these benefits stay with you! I really believe it can change your life for the better and that is why I love our PE classes.**

There are three ways to get your valuable 60 minutes each day without a gym.

**1. Strength Training** with body weight activities. This involves pushups and core activities.

**2. Cardio Training**. You can go for runs or walks outside. If you have indoor equipment you can use it as well.

**3. Flexibility Training**: You can do mobility exercises at home as well. This includes dynamic stretching and yoga poses.

You can actually do all three fitness aspects in one day. You can break them up so you may do one in the morning or two in the afternoon.

You might do some cardio in the morning with a walk and then do a mobility session in the afternoon.

It can be tough to get motivated, but set some goals and see if you can get four family to join you. Staying with it and being dedicated is the hardest part.

Once you have a regular routine going you will actually want to do it, and will miss it when you can’t.

Your family will be impressed that you are making a commitment to your fitness.

You can access Strength and Mobility Workouts Via the PLT4m app or website.

The App is really great to use. Desktop version works also.

<https://plt4m.com/>

One you are on PLT4m use this join code 74MAC to join your class!

Each week you can log your fitness and follow workouts. Turing in workout logs is optional!

When you login to PLT4rm follow these steps:

1. Use Join Code feature on bottom of screen.

Put in join code 74MAC

2. Fill out personal information.

3. Join your class.

4. You can access remote fitness and flexibility training programs for workout!

The App has great tutorials that take you through fitness topics and has great demonstrations.

If you have weights at home you can access some of the strength programs that require equipment.

Using the App you can log workouts!

Suggested Workouts

Start with Remote Fitness Workouts for week 1.

Complete 2-3 Strength works as well as 2-3 Mobility Activities. You can also get out and get some cardio in. I sent some ideas last week. They are posted on the website. Log your cardio and see how you are doing.