

Down To Earth: Mission Stellar Health

Design an Exercise Routine

Imagine you're a community health worker whose job is to promote good health and well-being in your area. Create a fun five-minute exercise routine that can be done inside when it's too hot outside. Assume you will work out in a room that is 12 feet by 12 feet, with some common furniture in place. Use only things you can find around the house as equipment. Research safe exercise ideas and plan a routine to keep your muscles and heart strong. Then, make a short video of your routine or teach it to a friend or family member.

What activities do you plan to include in your routine?

| Activity | Description | How long? |
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What materials will you need for this routine?

Who is your exercise routine designed for?

Why did you choose these activities?

What health benefits will your routine provide?