May 2020 (Week of June 1)

Recreation and Fitness Center (RFC) Newsletter

Contact the Recreation and Fitness Center team for assistance with any of these offerings.

The RFC will be closed through at least June 26

Thank you for your understanding. Please stay tuned for more updates as they become available.

In the meantime, enjoy this special weekly edition of the Family Site RFC Newsletter with links to workouts, articles, fun kid-friendly activities and so much more!

Live Virtual Classes – NEW!

Join us this month for new LIVE virtual classes through Zoom; no registration is necessary. Check back each week for the new class links and stay tuned each week in June as we’ll continue to add more classes and formats. We can’t wait to “see” you!

- **LIVE 1-minute Interval Training** – Tuesday, June 2 | 11:15am – 12:00pm | Join
- **LIVE Body Sculpt** – Wednesday, June 3 | 12:15 – 1:00pm | Join
- **LIVE Yoga** – Thursday, June 4 | 12:15 – 1:00pm | Join

Aquatics

- **Pool Maintenance** – 3 types of algae and how to treat it (article)
- **National Water Safety Month** – Drowning facts & tips for survival (post/link)
**Fitness**

- [Back Stability Exercises](#) – 14-minute training with Kasey (video)
- [Step without a Step](#) – 20-minute workout with Pam (video)

**Outdoor Recreation**

- [Pisgah National Forest](#) – Opening updates (external link)
- [State Parks](#) – Re-opening plans (article)

**Recreation & Leisure**

- [Epic Reading Resource](#) – Free 30-day trial
- [Local Libraries Closed](#) – Libby is here to help! (post)
- [Animal Cuteness of the Week](#) – Baby animals edition (external link)
- [Rainy Day Forts](#) – DIY for kids (post)
- [Oh the Thinks You Can Think](#) – Story time & creative movement with Rebecca (video)

**Sports**

- [Talk about a chain reaction!](#) (video)
- [Obscure Sport of the Week](#) – Kaninhoppning (Rabbit Show Jumping)

**Wellness**

- [The Cost of Work Stress](#) – How to reduce it (Ted talk)
- [Why do Birds Sing in the Morning](#) (article)
- [5 Essential Exercises for Foot & Ankle Mobility](#) (article)
- [What would happen if you didn’t drink water](#) (ted talk)
ICYMI May 2020

Aquatics

- [Keep Your Pool Clean](#) – How to remove green algae (video)
- [Water Safety for Parents & Caregivers](#) – Free online course (post)
- [Core Training](#) – Great for swimmers (article)
- [How Do UV Pool Sanitizers Work](#) (article)
- [Indoor Drills Every Swimmer Should Know](#) (article)
- [Resistance Band Workout](#) - Great for swimmers (article)
- [Fish-out-of-water](#) - Yoga practice (article)
- [What Open Water Swimming Taught Me About Resilience](#) (Ted talk)
- [Pool Opening](#) – DIY Procedures (video)
- [Olympians Mid-Blowing Waterless Swim Workout](#) (video)
- [Covid-19 Prevention and Safety](#) – American Red Cross (article)
- [Staying Home? Perfect Time to Learn Lifesaving Skills](#) (article)
- [Dryland Strength for a Stronger Swim](#) (video)

Fitness

Articles & More

- [Wrist & Ankle Stability](#) – 15-minute training with Pam (video)
- [Latin Lines in Motion](#) – 15-minute workout with Angie (video)
- [0-5k Coffee with the Coaches](#) – Stories, lessons learned and advice for new runners (video)
- [H.I.I.T. Walk 2](#) – 30-minute workout with Angie (video)
- [Crunch + Punch](#) – Punching bag workout (pdf)
- [Dance Pump and Funky Flow](#) – 21-minute workout with Angie & Rebecca (video)
- [Hip Stability](#) – 14-minute workout with Pam (video)
- [Hip Hop Fixx](#) – 13-minute workout with Angie (video)
- [Hip Mobility for Runners](#) – 20-minute workout with Amanda (video)
- [How to Breathe While you Run](#) – 3-minute tutorial with Amanda (video)
- [Kick, Buts & Guts](#) – 45-minute workout with Kasey (video)
- [Friction Training (Part 2)](#) – 25-minute workout with Pam (video)
- [TRX for Cyclists](#) – Put more power in your pedal (article/workout)
• **Shoulder Stability** – 15-minute training with Pam (video)
• **Post-run Static Stretches** – 15-minute recovery with Kasey (video)
• **Roll & Release** – 45-minute workout with Kasey (video)
• **Cardio Barre Workout** – 23-minute workout with Kasey (video)
• **Butts, Guts & Gams 6** – 30-minute workout with Angie (video)
• **Friction Training** – 25-minute workout with Pam (video)
• **Classic Low Impact + Core** – 40-minute workout with Pam (video)
• **Pilates/ Yoga Fusion (Week 4)** – 50-minute workout with Kasey (video)
• **Awesome Arms** – 30-minute workout with Kasey (video)
• **Kickboxing** – 44-minute workout with Amanda (video)
• **Couples Dance** – 8-minute dance break with Angie (video)
• **RFC Teen Training on Instagram** – Daily Fitness Posts for Teens (and parents)

**Articles & More**

• **Strength, Power & the Baby Boomer** (article)
• **Chronic Cardio- How much is too much?** (blog)
• **Sun Protection for Outdoor Sports** (article)
• **Flexibility Exercises & Performances** (article)
• **Sit Less, Move More** (article)
• **Flexibility Exercises & Performances** (article)
• **Mythbusting** – Youth Resistance Training (article)
• **15 Fun Facts about Exercise** (article)
• **What to do before you run** (article)
• **Tips to Monitoring Aerobics Exercise Intensity** (article)

**Recreation & Leisure**

**Virtual Field Trips**

• [NC Museum of Art](#) – Virtual tours, activities & more (external link)
• [Gettysburg](#) – American Battlefields (virtual tour)
• [Statue of Liberty](#) – Virtual tour (external link)
• [Smithsonian](#) – National Museum of Natural History (virtual tour)
• [Chateau Montelena Winery](#) (virtual tour)
• **Acker Wines** – Live tasting tour (external post)
• **Crystal Cave** – Chihuahua, Mexico (virtual tour)
• **Chichen Itza** – Mayan Ruins (virtual tour)
• **National Museum of Anthropology** – Mexico City (virtual tour)
• **Experience Disney** – Virtually (video)
• **Explore the Egyptian Pyramids** (video)
• **Pharoah Ramesses VI Tomb** – Virtual Tour (external link)
• **Van Gogh Museum** – Amsterdam (external link)
• **White House** – Virtual Tour (external link)

**Fun Craft & Kid-Friendly Ideas**

• **Engineering & Science** – Challenges for kids (external link)
• **Animal Cuteness of the Week** – Bear in a tub (article)
• **The Marvel Cinematic Universe** – What order? (article)
• **Baby Goats** – Live! (external link)
• **Cooking from Home** – with the Pioneer Woman (external link)
• **Museum of Life and Sciences** – At home activities (external link)
• **Storyline Online** – Digital library (external link)
• **The Star Wars Saga** – Introducing the Machete Order (article)
• **The Lorax** – Rap style (video)
• **6 Board Games You Can Play Online** (article)
• **A Parent’s Guide to Playing Minecraft with your Kids** (article)
• **DIY Rock Cactus Gardening** (post)
• **Kids Emergency Preparedness** – Activities (external link)
• **Minute to Win it Games** – Family Fun (article)
• **Homemade Play Dough** – Easy no-bake recipe (video)
• **Celebrate Earth Day** (external link)
• **My Many-Colored Days** – Storytime + Creative Movement with Rebecca (video)
• **Send a Card** – Make someone’s day! (post/link)
• **Quarantine Birthdays** – They can still be special! (article)
• **Homemade Mini Golf Course** – Ideas (video)
**Sports**

- **The Excitement of Sports** – Dad’s reaction is priceless (video)
- **Soccer Returns to Germany** – What will that look like (article)
- **Obscure Sport of the Week** – Man vs. Horse Marathon (article)
- **What Do You Miss Most About Sports** (video)
- **Obscure Sport of the Week** – Chess Boxing (article)
- **No Rhythm Gymnastics** – Championship Commentary (video)
- **Obscure Sport of the Week** – Fierljeppen (article)
- **NASCAR Tips** – Avoid a breakdown (article)
- **Marble Racing** – Yes, it counts a sport! (video)

**Wellness**

**Yoga & Mind-Body**

- **Tips for Wrists** – 3-minute myofascial tutorial with Cheryl (video)
- **23 1/2 hours** – What’s the single best thing you can do for your health? (video)
- **Lotus Breathing** – 5-minute practice with Rebecca (video)
- **Workday Wind Down** – 34-minute gentle yoga practice with Amanda (video)
- **Qigong** – 4-minute tutorial with Rebecca (video)
- **3 Poses for Tight Hips** – 3-minute tutorial with Cheryl (video)
- **Tai Chi for Pandemic** – 20-minute practice with Rebecca (video)
- **3 Ways Music Helps the Soul** (article)
- **What is Mindfulness?** (video)
- **How Mindfulness Can Help Us** (Ted talk)
- **Yin Yoga** – For tight hips (article)
- **Slow Flow to Yin Yoga** – 60-minute practice with Kasey (video)
- **Yoga for Athletes** – 44-minute practice with Amanda (video)
- **Yoga for Athletes** – 45-minute practice with Amanda (video)
- **Cinco de Flow Yoga** – 30-minute practice with Pam (video)
• **Moon Salutation** – 6-minute flow with Rebecca (video)
• **Yoga for Athletes** – 24-minute practice with Pam (video)
• **Cardio Yoga Flow** – 30-minute practice with Kasey (video)
• **Live Awake** – 20-minute meditation (audio)
• **Tai Chi: Feel the Breeze** – 40-minute outdoor practice with Rebecca (video)

**Podcasts & More!**

• **The Art of Being Yourself** (ted talk)
• **Mind Over Matter** – Peak Performance (video)
• **How to Buy Happiness** – Spend Smarter (Ted talk)
• **Breaking Boston** – Scott Fauble (podcast)
• **Remember to Say Thank You** (podcast)
• **The Surprising Science of Happiness** (podcast)
• **The Biggest Little Farm** (podcast)
• **Nature, Beauty, Gratitude** – 10 minutes (podcast)

---

**MONTH OF WODS**

**WEEK 4**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Recover Sort Of</strong>&lt;br&gt;Pick any flow from the RFC yoga page</td>
<td><strong>21 Brigade</strong>&lt;br&gt;21s are:&lt;br&gt;7 top half reps&lt;br&gt;7 bottom half reps&lt;br&gt;7 full reps&lt;br&gt;1 minute rest between movements&lt;br&gt;Pushups Squats V-Ups Lunges</td>
<td><strong>Core Up</strong>&lt;br&gt;100 Crossing crunches&lt;br&gt;100 Side Taps&lt;br&gt;200 Mountain Climbers&lt;br&gt;50 V-Ups</td>
<td><strong>Halves</strong>&lt;br&gt;Max unbroken lunges&lt;br&gt;1/2 reps of lunges as squats&lt;br&gt;1/2 reps of squats as pushups&lt;br&gt;1/2 reps of pushups as broad jumps</td>
<td><strong>Cardio Burn</strong>&lt;br&gt;10-20 Rounds&lt;br&gt;30 Second Max Sprint Any cardio&lt;br&gt;90 second rest between sprints</td>
<td><strong>From Rogue Running Clock</strong>&lt;br&gt;0-5:00 min for time: 100 Jump Squats&lt;br&gt;5:00-10:00 min for time: 100 Jumping Lunges&lt;br&gt;10:00-15:00 min: Max time wall sit (one attempt)</td>
<td><strong>CONGRATS! Go Back to Your Favorite Workout and Do It Again!</strong></td>
</tr>
</tbody>
</table>
### WEEK 3

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Recover Sort Of</strong></td>
<td><strong>Burping Skaters</strong></td>
<td><strong>Maxing</strong></td>
<td><strong>Sprint Ladder</strong></td>
<td><strong>Pushing Air</strong></td>
<td><strong>Lunge Complex</strong></td>
<td><strong>Animal Mobility</strong></td>
</tr>
<tr>
<td>Run 5k breathing through nose only</td>
<td>EMOM 30 minutes</td>
<td>Max unbroken squats</td>
<td>10 second Sprint</td>
<td>10 pushups</td>
<td>4 rounds</td>
<td></td>
</tr>
<tr>
<td>Minute 1: 4-10 Burpees</td>
<td>Minute 2: 5-10 V-Ups</td>
<td>Rest 2 minutes</td>
<td>50 second Jog</td>
<td>10 air squats</td>
<td>24 lunges</td>
<td></td>
</tr>
<tr>
<td>Minute 3: 12-24 Skaters</td>
<td>Repeat</td>
<td>Max unbroken pushups</td>
<td>20 second Sprint</td>
<td>1 min rest</td>
<td>24 lateral lunges</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rest 2 minutes</td>
<td>30 second Jog</td>
<td>20 pushups</td>
<td>24 curtsey lunges</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Max plank</td>
<td>40 second Jog</td>
<td>20 air squats</td>
<td>24 shrimp squats</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rest 2 minutes</td>
<td>20 second Jog</td>
<td>1 min rest</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Max lunges</td>
<td>50 second Sprint</td>
<td>30 pushups</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>10 second Jog</td>
<td>30 air squats</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Repeat up to 6 rounds</td>
<td>1 min rest</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>40 pushups</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>40 air squats</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Run 1 mile</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### WEEK 2

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Heavy Carry</strong></td>
<td><strong>Cross Core</strong></td>
<td><strong>Animals</strong></td>
<td><strong>Intervals</strong></td>
<td><strong>Skip To My Lou</strong></td>
<td><strong>Plyo</strong></td>
<td><strong>Ryan 2.0</strong></td>
</tr>
<tr>
<td>Pick any heavy object from your house (bags of rice or soil, stones from the yard, etc.)</td>
<td>5 rounds: 30 crossing crunches</td>
<td>Find a hill!</td>
<td>All run 60 seconds max sprint</td>
<td>Find a hill!</td>
<td>30 hand release pushups</td>
<td>100 forearm mountain climbers</td>
</tr>
<tr>
<td>4 rounds: Object carry</td>
<td>12 plank swivels</td>
<td>Up to 6 rounds forward and backward</td>
<td>3 minute walk</td>
<td>Jog 5 minutes to warmup</td>
<td>20 jump squats</td>
<td>100 squats</td>
</tr>
<tr>
<td>8 inch worms</td>
<td>Bear Crawl</td>
<td>Crab Walk</td>
<td>45 seconds max sprint</td>
<td>Walk down the hill for rest</td>
<td>40 Skaters</td>
<td>50 pushups</td>
</tr>
<tr>
<td></td>
<td>Walking Lunge</td>
<td>Frogger</td>
<td>2:15 minute walk</td>
<td>6 rounds: Alternate between sprinting the hill and skipping up the hill</td>
<td>30 burpees</td>
<td>100 get ups</td>
</tr>
</tbody>
</table>
### WEEK 1

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BURPEE LADDER:</strong></td>
<td><strong>CHELSEA:</strong></td>
<td><strong>SOME ABS:</strong></td>
<td><strong>MOVING THROUGH MUD:</strong></td>
<td><strong>Run 5K</strong></td>
<td><strong>Rest 2 minutes! 200 lunges</strong></td>
<td><strong>6 Minutes of Burpees</strong></td>
</tr>
<tr>
<td>Continuously running clock during minute 1:1 Burpee during minute 2:2 Burpees continue to add a Burpee every minute until you can no longer complete Burpees within a minute.</td>
<td>EMOM (every minute on the minute) for 10-30 minutes</td>
<td>5-10 rounds 10 crunches 3 pull ups or bent over rows 5 prone leg raises 10 push ups 10 squats</td>
<td><strong>Moving Through Mud:</strong> 1/2 mile run</td>
<td>Run 5K</td>
<td>Rest 2 minutes! 200 lunges</td>
<td><strong>6 Minutes of Burpees</strong></td>
</tr>
<tr>
<td><strong>LEG BURN:</strong> 10 Rounds 10 Jump Squats Sprint 1/4 mile</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

### April 2020 (ICYMI)

**Aquatics**

- [Olympians Mid-Blowing Waterless Swim Workout](#) (video)
- [Covid-19 Prevention and Safety](#) – American Red Cross (article)
- [Staying Home? Perfect Time to Learn Lifesaving Skills](#) (article)
- [Dryland Strength for a Stronger Swim](#) (video)
- [USMS Swimming Stretches and Triggers](#) (article)
- [Pool Etiquette](#) – Circle swimming (article)
- [UV light is nature’s disinfectant, but can it kill coronavirus?](#) (article)
- [How to Get Through the Loss of Swimming](#) – US Masters Swimming (article)
- [Breathing for Swimming](#) - Yogic breathing (external blog)
- [Develop a Swimmer’s Catch](#) - Dryland workout (article)
- [Water Transmission and Covid-19](#) - What you need to know (article)
**Fitness**

**Workouts**

- **Kitchen Ballet** – 24-minute workout with Kasey (video)
- **Ballet Cardio Sculpt** – 35-minute workout with Kasey (video)
- **#DFH** – 10-minute line dancing with Angie (video)
- **Couples Dance** – 8-minute dance break with Angie (video)
- **Couples Dance** – 6-minute break with Angie (video)
- **Couples Dance** – 5-minute dance break with Angie (video)
- **Zumba Mini Party 2** – 15-minute workout with Angie (video)
- **Zumba Party** – 15-minute workout with Angie (video)
- **Pilates/ Yoga Fusion (Week 3)** – 54-minute workout with Kasey (video)
- **Pilates/ Yoga Fusion (Week 2)** – 50-minute workout with Kasey (video)
- **Pilates/ Yoga Fusion (Week 1)** – 40-minute workout with Kasey (video)
- **Pilates Leg Stretch Series** – 18-minute workout with Pam (video)
- **Pilates Kick Series** – 20-minute workout with Pam (video)
- **Pilates Break** – 7-minute workout with Kasey (video)
- **BOSU Core** – Perfect for Cyclists (article)
- **Planks a Lot** – 12-minute workout with Pam (video)
- **Quick Core** – 8-minute core with Pam (video)
- **Core on a Crunch** – 30-minute body weight workout with Angie (video)
- **Killer Core** – 15-minute workout with Pam (video)
- **Couples Cardio & Core** – 15-minute workout with Kasey (video)
- **Guts + Gunz 5** – 30-minute workout with Angie (video)
- **Guts and Gunz 2** – 30-minute workout with Angie (video)
- **Guts & Gunz** – 30-minute workout with Angie (video)
- **Butts & Guts 4** – 30-minute workout with Angie (video)
- **Butts and Guts 3** – 30-minute workout with Angie- 30 (video)
- **Butts & Guts 2** – Body weight supersets with Angie (video)
- **Butts & Guts** – 30-minute workout with Angie (video)
- **Butts, Guts & Gams** – 30-minute workout with Angie (video)
- **RFC Home Edition** – 24-minute workout with Angie (video)
- **Totally Tabata** (video)
- **Quick Cardio Kickboxing** – 12-minute workout with Kasey (video)
- **Kitchen Workout** – 18-minute workout with Kasey (video)
- **Low and Slow** – 20-minute workout with Pam (video)
- **Sit and Fit Workout** – 20-minute workout with Kasey (video)
• **Stability Ball Workout** – 25-minute workout with Pam (video)
• **Banded Body Sculpt** – 20-minute workout with Pam (video)
• **Neuro Moves** – 10-minute physical activity break with Rebecca (video)
• **Neck and Shoulder Stretches** – 16-minute flexibility training with Pam (video)
• **Stretch & Relax** – 37-minute practice with (video)
• **Family Fitness** – 10-minute workout with Kasey (video)
• **RFC Teen Training on Instagram** – Daily Fitness Posts for teens

**Articles & More**

• [Ten Sought After Functions in Workout Apps](#) (article)
• [4 Stretches to Prevent Injury](#) (article)
• [Perks of Running with your Dog](#) (article)
• [15 Fun Facts about Exercise](#) (article)
• [The Impact of Flexibility Training on Performance](#) (article)
• [Resistance Training for Health](#) (article)
• [Using Periodization to Promote Optimal Recovery](#) (article)
• [MAF Test](#) – For runners (external link)
• [10 Tips for Building Fit Kids](#) (article)
• [Top 25 At-home Exercises](#) (article)
• [The Impact of Flexibility Training on Performance](#) (article)
• [Peloton Podcast with John Foley](#) (video)
• [NIA Fitness](#) (external link)
• [Finding Your Fitness Formula](#) – Solving the Workout from Home Challenge (blog)
• [Bike Sizing – Prepping your Bike to go Outside](#) (article)
• [7 Great Trail Running Tips](#) (article)
• [How Can I Avoid Injury While Working Out?](#) (article)
• [Flatten the Curve Virtual 5k](#) - Supporting NC Brewery Staff (external link)
• [Core Training for Injury Prevention](#) (article)

**Outdoor Adventure**

• [Longing for the Great Outdoors](#) – Think Smaller (article)
• [DIY Backpacking Food](#) – Get ready for your next adventure (article)
• [The Ultimate Guide to Backpacking with Booze](#) (article)
• [How to Journal while Hiking](#) (external blog)
• [The Ultimate Guide to Backpacking with Booze](#) (article)
10 Extra Light Backpacking Tips (external post)

Recreation & Leisure

Virtual Field Trips

- Pharoah Ramesses VI Tomb – Virtual Tour (external link)
- Van Gogh Museum – Amsterdam (external link)
- White House – Virtual Tour (external link)
- Polar Bears & Tundra (Virtual field trip)
- Dior – Designer of Dreams – Virtual Tour (external link)
- Fly High Above Lake Iliamna, Alaska – Salmon Migration (video)
- Clearwater Marine Aquarium – Virtual field trip (live web cams)
- Houston Zoo – Virtual Field Trip (Live webcams)
- US Space and Rocket Center – Virtual field trip (video)
- The Great Wall of China – Travel Guide (virtual tour)
- Boston Children’s Museum – Virtual tour (external link)
- Apollo 13 – Live the experience (real-time journey)
- Story Time from Space – It’s out of this world! (external link)
- Farm & Foods – Virtual tours of 11 farms (external link)
- Yellowstone – Virtual tour
- San Diego Zoo – Take a virtual tour with live camera feeds
- National WWII Museum – Commemorate the 75th anniversary of D-Day (virtual tour)
- National WWII Museum – The Manhattan Project – (electronic field trip)

Fun Craft & Kid-Friendly Ideas

- Levar Burton Reads – Short Fiction (podcast)
- Online Writing Contest – K-5 grade (external link)
- Free Online Photography Lessons – Nikon (external link)
- Minute to Win it Games – Family Fun (article)
- Homemade Play Dough – Easy no-bake recipe (video)
- Celebrate Earth Day (external link)
- My Many-Colored Days – Storytime + Creative Movement with Rebecca (video)
- Send a Card – Make someone’s day! (post/link)
- Quarantine Birthdays – They can still be special! (article)
• **Homemade Mini Golf Course** – Ideas (video)
• **Classical Music** - Activities (external post)
• **Indoor Camping** – Fun for the whole family (external article)
• **Captain Underpants** - Viral drawing demos, readings & more! (article)
• **NC Symphony** – Free Educational Materials
• **10+ Incredibly Cool Lego Ideas** – Create at home (external post)
• **Easy DIY Crafts** – Using household items (external post)
• **Paper Airplanes** – How to fold & fly (external post)

### Sports

• **Tennis Conditioning** – Drills (video)
• **Obscure Sport of the Week** – Sepak Takraw (article)
• **Sports Chuckle of the Day** (video)
• **Attack of the Cardiac Pack** – Take a trip down memory lane (video)
• **Obscure Sport of the Week** - Shin Kicking (video)
• **Virtual March Madness** – How did your team do? (post)
• **Helping Young Athletes Stay Fit** – With NHL Player, Conner McDavid (article)
• **Gone Fishing** – Social Distancing in the Great Outdoors (article)
• **Sports Podcasts** – Listen anytime (external link)
• **100 Soccer Drills** – Keep your kids in the game! (video)
• **Jump Rope** – Great for sports training (article)
• **Sports & Mental Health** (post/article)

### Wellness

#### Yoga & Mind-Body

• **Yoga for Athletes** – 24-minute practice with Pam (video)
• **Yoga for Athletes** - Hip & Core - 50-minute practice with Amanda (video)
• **Cardio Yoga Flow** – 30-minute practice with Kasey (video)
• **Yoga Challenge Flow** – 55-minute practice with Kasey (video)
• **Sun Salutation Flow** – 30-minute practice with Pam (video)
• **Sunrise Morning Flow** – 25-minute practice with Kasey (video)
• **Warrior Flow** – 18-minute flow with Pam (video)
• **Restore at Home** – 55-minute restorative practice with Amanda (video)
• **Yoga Stretch** – 29-minute practice with Pam (video)
• **Just Stretch** – 10-minute easy stretch (video)
• **Quick Hip Stretch** – 7-minute workout with Ryan (video)
• **Tension Tamer** – 32-minute practice with Amanda (video)
• **Tai Chi: Feel the Breeze** – 40-minute outdoor practice with Rebecca (video)
• **Tai Chi Practice** – Mindful movement with Rebecca (video)
• **Mindful Movement** – 7-minute Qigong break (video)
• **Brain Dance** – 10-minute break (external post)
• **Start Your Day** – 3-minute movement with Pam (video)
• **Do Less, Surrender Your Control** – Yoga Nidra (podcast)
• **Open-Hearted Presence** - Guided Mediation (audio)
• **Using Essential Oils to Reduce Stress** & **Which Scents are Best** (articles)
• **Live Awake** – 20-minute meditation (audio)

**Podcasts**

• **How to Change Your Life from the Inside Out** (podcast)
• **How to Grow a Forest in your Backyard** (podcast)
• **Dark Mysteries of the Universe** – Starry Sky (video)
• **Why Sleep Matters More Than Ever** – Ted Talk (video)
• **The Power & Purpose of Poetry** (podcast)
• **Zero Waste Parenting** (podcast)
• **10 Mindful Minutes** – That’s all it takes (podcast)
• **Remember to Say Thank You** (podcast)
• **The Surprising Science of Happiness** (podcast)
• **The Biggest Little Farm** (podcast)
• **Nature, Beauty, Gratitude** – 10 minutes (podcast)
• **5 Critical Life Questions to Ask During Self-Quarantine** (podcast)
• **Is there an Antidote to Stress?** (podcast)
• **How to Raise a Wild Child** (Ted Talk)
• **The Art of Making Memories** (podcast)
• **Why it’s Bad to Self-identify** (podcast)
• **Less/More Happiness** – Ted Talk (external post)
• **The Power of Vulnerability**
• **Making Pictures of a Changing Ocean**
• The Brain Changing Benefits of Exercise
• The Secrets of Learning a New Language

SAS Life Blog

Visit SAS Life to check out the latest RFC post (Reconnecting to the Earth for Better Health) and so much more!