



WEEK 3

[Happy National Bike to Work](#) week! Biking is a great way to be active and it will reduce the carbon footprint. If biking to work is not an option, schedule a bike ride after school/work.

MAY 15

MAY 16

[The Alliance for a Healthier Generation](#) has a [great resource page](#) with ideas for Eating Healthy, Moving More, Feeling Happy, and more!



[Rising New York Road Runners](#) is a fun, free resource that promotes running, movement, and physical activity for Pre-K to high school age youth.

MAY 17

MAY 18

Each month [CATCH](#) provides an SEL journey that highlights a dance of the month. The dance for May is the Merengue. Use this [link](#) for details.



Here is a [6-minute YouTube video](#) that can be done in school or at home. Your challenge today is to complete 10 Burpees!

MAY 19

MAY 20

[Hip Hop Public Health](#) has resources (video games, dances, comics, and more) to help you and your family get more active and make healthier choices.



[May is Stroke Awareness Month](#). One way to reduce the risk of stroke is to be physically active. Download [25 Ways to Get Moving in English](#) or [Spanish](#).

MAY 21