**7 Days of Family Health & Wellness at Home**

**Day 1: Dance**

* Daily Activity: [Kids Bop Dance](https://www.youtube.com/watch?v=sHd2s_saYsQ)
* Recipe: [Berry Nuts Granola Bars](https://recipes.heart.org/en/recipes/berry-nuts-granola-bars) and [Homestyle Chicken Noodle Soup](https://recipes.heart.org/en/recipes/chicken-noodle-soup)
* Parent Tip of the Day: [Physical Activity Recommendations for Kids](https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-children)

**Day 2: Beach Body Workout**

* Daily Activity: [Kids Workout Routines by Beach Body](https://vimeo.com/showcase/6880106)
* Recipe: [Ranch Chive Popcorn](https://recipes.heart.org/en/recipes/ranch-chive-popcorn)
* Parent Tip of the Day:  [Limit Screen Time](https://www.heart.org/en/healthy-living/fitness/getting-active/limit-screen-time-and-get-your-kids-and-the-whole-family-moving)

**Day 3: Get Outside**

* Daily Activity: GO OUTSIDE! Try riding your bike, playing hopscotch, skateboarding, roller skating, etc.
* Recipe: [Chunky Marinara with Pasta](https://recipes.heart.org/en/recipes/chunky-marinara-with-pasta--seared-chicken) and [Tropical Fruit Smoothie](https://recipes.heart.org/en/recipes/tropical-fruit-smoothie-bowl)
* Parent Tip of the Day: [Take Action to Control Stress](https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/take-action-to-control-stress)

**Day 4: BE SILLY!!**

* Daily Activity: [Go Chicken Fat Workout](https://www.youtube.com/watch?v=8df2skF8gnQ&fbclid=IwAR31u7stVjX19Meonq5Em-F_DADfyPo6tWgX5gd0Fn7H1GTcmNV_KJ_h6_s)
* Recipe: [Vegetarian 3-bean Chili](https://recipes.heart.org/en/recipes/slow-cooker-turkey-and-black-bean-chili-or-vegetarian-3-bean-chili)  and [Sweet and Spicy Veggie Dip](https://recipes.heart.org/en/recipes/sweet--spicy-mustard-dip-with-veggie-dippers)
* Parent Tip of the Day: [When is the best time of day to exercise?](https://www.heart.org/en/healthy-living/fitness/fitness-basics/when-is-the-best-time-of-day-to-work-out)

**Day 5: Yoga Day**

* Daily Activity: [K-3 Yoga](https://youtu.be/X655B4ISakg) [K-3 Cosmic Kid Yoga](https://www.youtube.com/user/CosmicKidsYoga) [3-6 Yoga](https://youtu.be/aJzj_b7G7i8)
* Recipe: [Slow Cooker Barbeque Chicken](https://recipes.heart.org/en/recipes/slow-cooker-barbeque-chicken-or-pork) and [Frozen Yogurt Pops](https://recipes.heart.org/en/recipes/homemade-frozen-yogurt-pops-with-peaches)
* Parent Tip of the Day: [How to Boost Willpower](https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/how-to-boost-willpower-infographic)

**Day 6: Would You Rather**

* Daily Activity**:** [This or That Warm Ups 1](https://docs.google.com/presentation/d/1CkcOohTPx1btrMmHi3BLbVwHG_ADdz2rJLmEJfzK69Y/edit?usp=sharing) [This or That Warm Ups 2](https://docs.google.com/presentation/d/1hAIvXteFmEPwmlS0RAG3ToaUIqsl4R1SO6Od0n1Trpc/edit?usp=sharing) [This or That Warm Ups 3](https://docs.google.com/presentation/d/1rZwmMZWVymzK40BiGBI-PfjdnqSMPomb3CQGpszxi4s/edit?usp=sharing)
* Recipe: [Peanut Butter Banana Protein Bars](https://recipes.heart.org/en/recipes/peanut-butter-banana-protein-bars) and [Tuscan Bean Soup](https://recipes.heart.org/en/recipes/tuscan-bean-soup)
* Parent Tip of the Day[: Better Your Sleep Routine](https://www.heart.org/en/healthy-living/healthy-lifestyle/sleep/how-to-sleep-better-with-a-bedtime-routine)

**Day 7: Card Games**

* Daily Activity: [Fitness Uno](https://drive.google.com/file/d/1s7Q0nn-SSfTboJoF4tWrhvXfjvqcFRrj/view?usp=sharing) [Fitness Card Games](https://docs.google.com/document/d/10Ouq0vf2EG6inuX60SGgaCHQdx2kb45r2ro6AvtaqjA/edit?usp=sharing)
* Recipe: [Avocado Pesto Dip](https://recipes.heart.org/en/recipes/velvety-avocado-pesto-dip) and [Raspberry Lemonade Slushy](https://recipes.heart.org/en/recipes/raspberry-lemonade-slushie)
* Parent Tip of the Day: [How to Sneak in More Vegetables](https://www.heart.org/en/healthy-living/healthy-eating/add-color/sneaking-more-vegetables-into-meals) , [Fresh, Frozen and Canned Can All be Healthy](https://www.heart.org/en/healthy-living/healthy-eating/add-color/fresh-frozen-or-canned-fruits-and-vegetables-all-can-be-healthy-choices)

**ADDITIONAL RESOURCES**

* + Kids:
    - [Get Moving with the PLAY 60 app](https://www.heart.org/en/professional/educator/nfl-play-60/download-the-nfl-play-60-app)
  + Parents
    - [Take Time for Yourself](https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/busy-parents-and-caregivers-must-care-for-themselves)
    - [How Food and Mood Pair Up](https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/food-and-mood)
    - [How to Keep Fruits and Vegetables Fresher Longer](https://www.heart.org/en/healthy-living/healthy-eating/add-color/keep-fruits--vegetables-fresher-longer)

Resources: [www.youtube.com](http://www.youtube.com) [www.aha.com](http://www.aha.com)