

Wales Primary Wellness Week Workouts

Since we can't have a Fitness Night at school, we thought it would be fun to offer a scavenger hunt fitness workout incorporating "green fitness" / outdoor fitness. We have so many great outdoor spaces near Wales Primary. Now is a great time to enjoy them! Below is a list of places offered in our challenge. We will post your workout for each spot at that location. If you want to share pictures or answers to questions, please send them to either:

Mr. Weiss @ jweiss@iroquoiscsd.org

or

Mrs. Lisitsky @ llisitsky@iroquoiscsd.org.

- Wales Town Park - 12341 Big Tree Rd, EA
- Hunters Creek Park (East entrance) – 4812 Hunters Creek Rd
- Hunters Creek Park (South entrance) – Centerline Rd near Vermont Hill
- Beaver Meadow Nature Center – 1610 Welch Rd, North Java
- Kenneglenn Nature Preserve – 11663 Strykersville Rd
- Marilla Town Park – 2891 Three Rod Rd
- Emery Park – 2084 Emery Rd, South Wales
- Majors Park – 441 Olean Rd, EA
- Elma Meadows - 1711 Girdle Rd, Elma (golf course, xc ski entrance)

Elma Meadows: 1711 Girdle Rd, Elma, NY 14059

- Depending on the weather conditions, walk, run, roll, sled, slide down the sledding hill and try to get up to the top as fast as you can! You can do it a 2nd time and try to beat your time.
- Go to a different tree for each exercise:
 - 10 jumping jacks
 - Jogging in place for 30 seconds
 - 20 mountain climbers

Jumping Jacks



Trees are superheroes! “Through a process called photosynthesis, leaves pull in carbon dioxide and water and use the energy of the sun to convert this into chemical compounds such as sugars that feed the tree. But as a by-product of that chemical reaction oxygen is produced and released by the tree. It is proposed that one large tree can provide a day’s supply of oxygen for up to four people.”

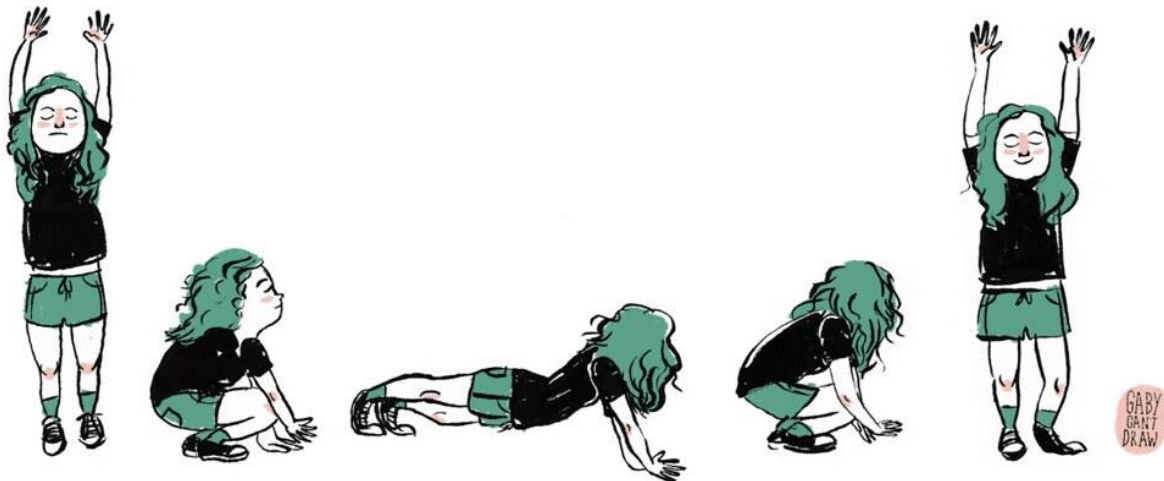
Hunters Creek Park: (South Entrance) on Centerline Rd near Vermont Hill

Who is Sgt. Mark Rademacher and what is his connection to Iroquois?

- You may need to look this up online. 😊



- Can you find the chimney and foundation from the log cabin owned by the Kellog family?
 - Once you find it, do 10 burpees. Want to know what a burpee is?????



"On average, one tree produces nearly 260 pounds of oxygen each year. Two mature trees can provide enough oxygen for a family of four."

Beaver Meadow Nature Center: 1610 Welch Rd, North Java

- Choose 1 trail to hike. What did you find interesting along the way?



- Play follow the leader for part of the hike. Be creative! Use lots of different locomotor movements (walk, jog, run, skip, hop, jump, leap, sidestep, bear walk, spin, twirl...)



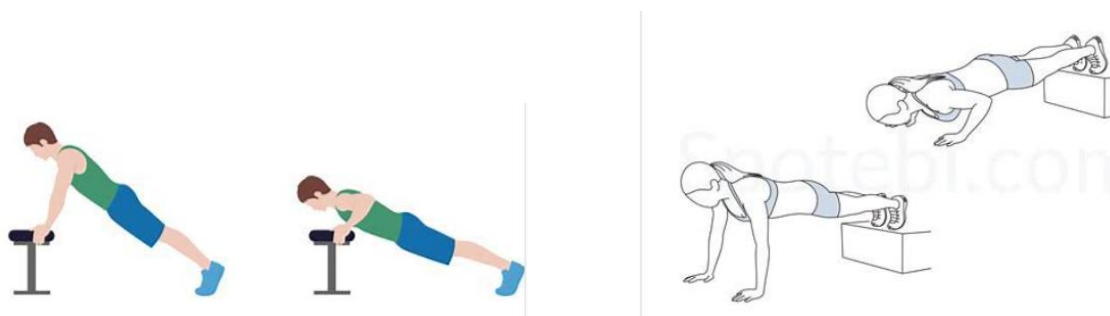
“Even five minutes of green exercise (like walking across a park or campus) is likely to boost self-esteem and mood. Green exercise is experienced as more restorative and is more likely to increase a person's frequency of exercise compared to indoor exercise, and all these effects are enhanced with both duration and intensity of outdoor exercise.” Alan Fogel Posted Sep 01, 2010

Wales Town Park: 12341 Big Tree Rd, EA

- At each picnic table, sit down briefly and stand back up 2x's on each side of every table. How many squats did you do total?



- Choose 1 picnic table. Try incline push ups (hands on the table or bench with feet on the ground) and alternate with decline push ups (feet on the bench and hands on the ground).



"A 100-foot tree, 18 inches diameter at its base, produces 6,000 pounds of oxygen."

Kenneglenn Nature Preserve: 11663 Strykersville Rd

- Find the heaviest rock you are able to safely lift above your head and do 10 standing push-ups
 - Do this 4 more times with 2 minute breaks



Find a log to walk across like a balance beam. Try to dip walk, pivot turn, squat down and get back up, airplane pose...



“Five minutes of exercise in a natural setting – like walking in a park or gardening in your backyard - benefits mental health as well as physical health” And while all exposure to nature was beneficial — including visiting green space in urban settings — exposure to environments with green space *and* water seemed to convey even more benefit. And, no, the artificial plant display with the fake fountain in the middle of the mall doesn’t count.

Marilla Town Park; 2891 Three Rod Rd

- Walk around the soccer field clockwise 2x and try to find your heart rate after the 2x's.



Clockwise



Counter-Clockwise

- Have a wheelbarrow race or see how far you can go as a wheelbarrow team. Don't forget to try both positions! Share with your family which position you like better and why.

Wheelbarrow Race



- Walk around the soccer field counter clockwise for a cool down.

“Trees also store carbon dioxide in their fibers helping to clean the air and reduce the negative effects that this CO₂ could have had on our environment. According to the [Arbor Day Foundation](#), in one year a mature tree will absorb more than 48 pounds of carbon dioxide from the atmosphere and release oxygen in exchange.” Posted by Joanna Mounce Stancil, U.S. Forest Service in [Forestry](#) Jun 03, 2019

Emery Park: 2084 Emery Rd, South Wales:

- Choose a trail to hike.
 - How many different waterfalls did you see on your hike?
- Find a downed tree to carry as a family. How far can you carry it? Is it too heavy to lift alone? Do you need to work as a team to move it?
 - What are some ways you can verbally support the group you are with?



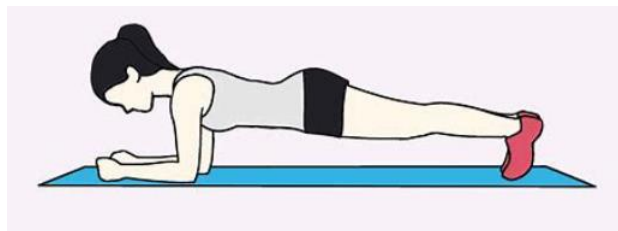
Mental health benefits from nature: Self-esteem improves, and in fact, two out of three subjects had improved self-esteem after walking in nature, two out of three had improved mood, and three out of four felt less depressed and anxious. Jon Barren 2010

Majors Park: 441 Olean Rd, EA

- Find what you think is the most interesting tree. Show your family and describe why you chose that tree.



- Find what you think is the prettiest part of the trail. Stop and do a 30 second plank while you enjoy the view.



- Find 2 stones, hold one in each hand and do bicep curls.



"A mature leafy tree produces as much oxygen in a season as 10 people inhale in a year."

As much as we would love to not have any additional screen time for your family, we also know that circumstances may not allow you to participate in the Wellness Week Workouts that travel to different parks. We want to include everyone that wants to be involved, so enjoy these activities you can do at home.

- Be Your Best Self is the theme for January for the Fitness for Kids Challenge. This video shows how using a mantra can help you make the best decisions for you.

[Independent Health Foundation's Fitness for Kids Challenge](#)

- Mindful Monday can be done any day of the week. Choose a few different ones that have been posted weekly.

[Lisitsky, Mrs. / Mindful Mondays \(iroquoiscsd.org\)](#)

- I love doing Yoga With Adriene because she includes her dog Benji.

[Rainbow Yoga Yoga For All Ages! Yoga With Adriene - Bing video](#)

- You can also see how fast your reaction time is doing Snow Motion.

[Snow Motion - Virtual Winter Holiday Workout \(Get Active Games\) - YouTube](#)

