Hi Everyone,

I hope you all enjoyed Kids Bop Dance Along and the Les Mills Workout last week! Again I know this is a trying time in your lives with the quarantine, but I wanted to stress to you the importance of staying active. Not only will this help your physical health but it will strengthen you mental and emotional health as well. Please send me an email if you have any questions [tmaxwell@mtcityschool.net](mailto:tmaxwell@mtcityschool.net)

Stay Well!

Mr. Maxwell

Voice Greeting <https://www.youtube.com/watch?v=y2wHOVMpEKE>

**Week of June 1st – June 5th**

* I have included a Mind and Body workout for the month of May. There are various activities for every day of the month that focus on the 5 Components of Fitness. The goal here is to try to complete each daily activity and it is alright to complete more than one when a day has been missed (see attachment).
* My goal during this period of Off Site Education is to introduce all of you to as many technology-based fitness activities as possible. I have attached two programs below that can be freely accessed through YouTube. There are other free workouts through these programs if you search or you can pay for unlimited member access. Enjoy!
* Billy Banks Tae Bo Kicks <https://www.youtube.com/watch?v=Sn7ItmaHq9E>
* JanesGym Zumba for Kids <https://www.youtube.com/watch?v=4uj9A8U9gZY>