

# Summer Enrichment Choice Board

Hello PALMS Students and Families!

We hope all of you have a fun summer in which you stay physically active and healthy. The PALMS physical education staff has put together various workout routines and videos to help you with suggested activities if you are interested in them.

We have developed a choice board for you to pick any type of activity you would like to use to assist you in getting physically active. As you keep scrolling you will find many choices. Have fun!

## **Workouts to increase flexibility:**

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[10 Minute Standing Relaxation Stretch for Body and Mind](#)

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Yoga Videos

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HIIT Workouts:

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**[Meditation and Relaxation:](#)**

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**Body Weight Exercises:**

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**Zumba and Dance Workouts:**

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**Dumbbell Workouts:**

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**Ab Workouts:**

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How to start a running program:

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