

March 19, 2020

I don't know if you're anything like me, but this new normal of "living in isolation" has been challenging to say the least. I think of Newton's Laws... paraphrasing here, a body at rest tends to stay at rest...well that certainly has been the battle, to stay active and resist eating everything in the house. Here's some motivation for you and your family:

**Just because we're stuck at home doesn't mean we can pause our health.**

Life doesn't have a pause button!

In fact, one could argue that self-care is the BEST thing we can do for ourselves right now, both physically and mentally. It keeps us engaged and resilient.

After all, our bodies don't care how crazy life is. Here are a couple of recommendations for you and your child's well-being during this unprecedented time in our lives.

\* Help them get into a routine. This can be extremely beneficial for their mind and body. Set up a calendar schedule for the day. Setting time limits can be helpful.

\*Encourage them to set an alarm and get out of bed at the same time each day. This can help prevent the groggy/grouchy child that can be difficult to motivate. Laying in bed half-awake for an extended time in the morning is counterproductive. Get up and get moving.

\*Stay active, keep moving, be creative! It is recommended that students get 60 minutes of daily physical activity. Even if you can do at least 30 minutes of physical activity each day, you'll feel better, sleep better, be in a better mood, less likely to be bored... the benefits go on and on. There are resources that your child's Physical Educator will share with them. But, we'd also like to offer up some additional wellness resources for at-home learning here in the blog. Here are some inks that you could consider using with your children:

[Workout Producer app](#) that families can design and create their own workout routines. All ages.

[Move to Learn](#) - 2-4minute dance videos that students and families can enjoy together. For younger ages grades K-5.

[Follow Along Dance Routines](#) - Great assortment of follow-along dance videos for grades 4-10.

[Facebook Live with BOKS](#) - Facebook LIVE BOKS classes each week day at 12pm EST. For grades K - 6.

[PLYOGA Fitness workout videos](#) - Offers a variety of moderate to vigorous workout routines to follow. For grades 7 - 12.

[Weekly Physical Activity Log](#) - Print out and complete with your child. All ages.

[Calm.com & app](#) - Offers free mindfulness activities. All ages.

Please don't hesitate to contact me with any questions, feel free to reach out. Noel Vigue Director Health & Physical Education  
[nvigue@miltonps.org](mailto:nvigue@miltonps.org).

--

Mr. Noel R. Vigue, M.Ed., CSCS  
Director, Health and Physical Education  
Milton Public Schools  
617-696-4470 x5547  
[nvigue@miltonps.org](mailto:nvigue@miltonps.org)  
[www.rethinkthedrinks.com](http://www.rethinkthedrinks.com)