

# Resilience for Children & Families

## Exercise is Medicine during Covid-19



This is Dr. Marc.



Hello! It's Dr. Machel. I have two special guests today!

They know a lot about exercise and health.

Exercise makes you stronger.

It helps you be more healthy and calm.



This is Ms. Yael.

Dr. Clifford Marc Madsen is a sports medicine doctor, helping Marines and their families stay healthy. Dr. Marc is the medical director for [Marine Corps Marathons](#)! It takes lots of training. How far do you run?



People practiced yoga over 5000 years ago!  
Marathons started in ancient Greece. They won a hard battle. A very fast man ran a long way to tell everyone. Now, we have them all over. 26.2 miles! When you are an adult, you might run far.

Ms. Yael Calhoun directs [GreenTree Yoga](#). She has fun teaching yoga in schools. Ms. Yael writes books and videos for kids. She made a special place: [Kids Yoga Breaks](#). You can try yoga and play yoga games!



Exercise is good for you. It helps your mind and body!

Dr. Marc & Ms. Yael want you to know...

1. Talk to a parent or doctor to stay safe. Then run, play a sport, do yoga. Throw a ball, stretch, run upstairs, swim, skip! Do anything to get moving!
  2. What activity do you love? Can you do it outside with a special person? Stay 6 feet apart for safety. Or, join friends online.
  3. Count up your minutes. Try to get more than 150 a week!
  4. Yoga helps your body feel well. You can stretch in fun ways.
  5. Yoga can help when you feel sad, mad or worried. Kids going through hard things say it helps them feel happy and calm.
  6. Yoga is for everyone! Breathe and [find good poses](#) for you. Here is what some of Ms. Yael's kids say about yoga classes: [Yoga makes me feel...](#) How does it make you feel?
  7. For exercise or yoga, some kids just use arms, just legs, or need a helper. The marathon has arm bikes & wheelchairs!
  8. Be creative, try lots of ways to keep moving!
- Exercise helps every part of your body be strong and healthy.



Dance is exercise too!  
Did you know [Jeff Cowans](#) danced with famous singers and rappers? Here are his [Hip Hop Videos](#) for kids to learn!

More fun exercises you can do at home:

[Family Fitness](#)

[Cardio ages 6-17](#)

[Build Strength!](#)

[Zumba Kids](#)

