

Exercise4PEACE



Encourage your friends/family members/colleagues to be active as we continue to experience quarantine by fostering solidarity, community and team spirit.

According to the United Nations and Peace One Day, sports have the power to change the world; it is a fundamental tool to strengthen social ties and promote peace, solidarity, and respect. Be active, stay healthy and demonstrate solidarity during this period of physical and social distancing. This team spirit will help us all get through the current challenges together!

Suggested Activities:

- Play “Simon Says”
- Grab a ball - football, basketball, baseball, tennis ball or soccer ball (throw it, kick it, bounce it, etc.)
- Play Hide & Seek
- Have a dance party at home
- Incorporate jumping jack breaks throughout the day
- Take a family walk or bike ride
- Exercise with the help of free workout videos on YouTube



Share your Exercise4Peace with us: @ChoozPeace @browardschools @unitedwayofbroward #ChoozPeace #liveunited #leadingthechange