PE Department SubFolder

**Day 1:**

1. Read article [How Exercise Improves the Brain](https://darebee.com/fitness/how-exercise-improves-the-brain.html).
2. Write two paragraphs consisting of 3-4 sentences each. Paragraph one should be a brief summary and paragraph two should be a short response to the article and how it can be applied to you.
3. Send the email to your coach’s email or Microsoft Teams Chat.

**Day 2:**

1. Students will complete the following workout video:

[Plan B Workout](https://www.youtube.com/watch?v=DzMG4g3mLXY)

**Day 3:**

1. Students will use the [Darebee](https://darebee.com/workouts.html) website and choose exercises from the available workout cards to create their own personalized workout using the following guidelines:

* Choose 4-6 exercises
* The exercises you choose should include all major muscle groups for a “Full Body” workout
* Major muscle groups include: Upper Body, Lower Body, Core/Abdominals