



FOR PETE'S SAKE, MAKE MEMORIES!

We respond to the mental health, emotional well-being and psycho-social needs of the under-served young adult cancer patient population, their caregivers and their children. For families in the FPS program, we offer two ways to support these needs separate from our respite travel program.

First, we offer a FPS Staycation Package to families nominated to our respite program, but are unable to travel because of an unexpected deterioration in health. This package offers resources for the family to **Take a Break at Home** and spend some time together creating special moments that become priceless, treasured memories. Second, we offer support once a family comes home that lasts well beyond the initial respite. This support includes monthly gatherings and personal outreach, mini take-a-breaks with other families, newsletters, nutrition and self-care information, and other dedicated resources to engage families in crisis! We help create memorable moments for these families in crisis.

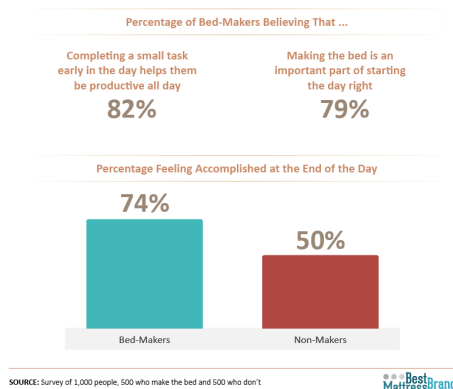
We invite your family to be a part of ours, so For Pete's Sake, let's enjoy some memorable moments with our loved ones. Get ready to bake, play and have fun spending some time together, creating special moments that become priceless, treasured memories in our *For Pete's Sake, Make Memories! Keep Active* package!

MAKE MEMORIES: KEEP ACTIVE

Social distancing and staying inside doesn't mean you can't enjoy the activities you've always loved. Stay active and keep your body moving. Don't forget to post your For Pete's Sake, Make Memories! Keep Active fun and tag @takeabreakfromcancer. #forpetessakemakememories

1. MAKE YOUR BED EVERY MORNING

Fluff your pillows and smooth out your sheets to get your day started. U.S. Navy Admiral SEAL and New York Times bestseller author, William H. McCraven, stated in his commencement speech at the University of Texas in 2014, "If you make your bed every morning, you will have accomplished the first task of the day. It will give you a small sense of pride, and it will encourage you to do another task, and another, and another. And by the end of the day, that one task completed will have turned into many tasks completed."



www.amazon.com/Make-Your-Bed-Little-Things/dp/1455570249

2. VIRTUAL WORKOUTS

Check with your local gym to see if they are offering virtual classes, so you can keep up with your weekly workout routine. You should also check out Youtube, Facebook, Instagram, etc. for live streaming workouts.

FACEBOOK: Planet Fitness
Class FitSugar

YOUTUBE: YMCA 360
SELF

Yoga with Adriene

POPSUGAR Fitness - Family and adult focused workouts

Cosmic Kids

WEB PAGE: Core Power Yoga on Demand (For a limited time):
www.corepoweryogaondemand.com/keep-up-your-practice

Fitness Blender:

<https://www.fitnessblender.com/>

3. RUN OUTSIDE



RUNNER'S WORLD:

According to David Nieman, Dr. PH., health professor at Appalachian State University and director of the Human Performance Lab at the North Carolina Research Campus, it's safer to be outside than inside when it comes to disease transmission.

<https://www.runnersworld.com/coronavirus/>

4. SET MOVEMENT ALARMS

Set alarms on your phone to remind you to move your body every hour. Stand and stretch. Walk to the kitchen to get a drink of water. Step outside for fresh air. Wiggle, shake it out, or dance with your kids, roommates, or family. Just move!

MOVE WITH MEGHAN, YOUR COMMUNITY ENGAGEMENT ASSOCIATE

Every hour, starting at 9:30 AM, I'll be doing sets of 10 sit ups, push ups, squats, and Spider Man crunches. (Exercises will vary over time.) At the end of each work day, I'll complete the needed reps to reach my daily goal of 100 reps per exercise. Use my Movement Matter form to keep you on track.

5, 10, 15 & 20-MINUTE EXERCISE RESOURCES

<https://www.verywellfit.com/5-minute-exercise-routines-to-lose-weight-3495389>

<https://www.self.com/story/10-minute-total-body-workouts-for-busy-days>

<https://www.runtastic.com/blog/en/10-minute-full-body-workout/>

<https://www.shape.com/fitness/workouts/insanely-effective-15-minute-workout>

<https://www.healthline.com/health/fitness-exercise/best-workouts-under-20-minutes#1>

(Healthline includes 5, 10 & 15 minutes workouts, as well.)

5. ACTIVE INDOOR GAMES

Board games are great to play with friends and family, but these active indoor games will help keep you moving and help your children use their energy in a fun, creative way that will be sure to make memorable moments together.

LAND, SEA, AIR

This simple game requires listening and a line on the ground. Pick a spot with a natural line, such as a tile, or place a small piece of tape on the floor. Identify behind the line as land, in front of the line as sea and jumping directly up as air. Have the kids follow your directions. Say the commands land, sea and air in no particular order. If the kids make a mistake have them do three jumping jacks and try again.

BASKETBALL

Get creative with household objects to create a basketball and hoop. You could use a wadded piece of paper and trash can or laundry basket and ball of socks. Then practice taking shots from different spots. You can even introduce a game of Horse or Pig.

RUNNING THROUGH THE FOREST

Take the kids on an imaginary adventure in which they must run, skip and crawl in place. Pretend together that you are running through a forest. When you come upon a branch, duck. When you reach a log, jump. When you find a pond, get in and swim. When you meet a lion, run fast! Together create your imaginative adventure and get moving.

MAZE GAME

Create a checkerboard pattern on the floor – either with pillows, tape or paper – with a start corner square and opposite exit corner square. Draw a hidden pattern on paper that the kids must follow in order to get through the maze. Have the kids take turns moving through the maze – moving left, right, forward or back without skipping over squares. If they pick the wrong square, have them go back to the beginning and try again.

JUMPING

Challenge the kids to jumping contests. How far can you jumping? How high can you jump? Can you jump off this chair onto this pile of pillows? Can you touch my hand? This spot on the wall? Or it might just be that special day to let the kids jump on the bed- especially if it keeps you all happy.

HUCKLE BUCKLE BEANSTALK

This is a game of hide and seek, but instead of hiding yourself, you hide an object. Pick an object and hide in plain sight in the house. Have the kids move all around the house searching for the object with their hands behind their back. When they see the object, discretely say Huckle Buckle Beanstalk then sit down at the couch. Once everyone has found the object, pick someone new to hide it.

For more indoor games, visit www.playworks.org.

6. STAND AND SIT WHILE YOU WORK

While you work, switch from standing and sitting. When you're sitting, alternate between gently tapping your toes and heels on the floor. Create a standing desk and perform calf raises, squats, or walk in place. Simple movements can help keep you active throughout your workday, without even breaking a sweat.

7. HAVE A DANCE PARTY

Dance is for everyone, no matter your age. Research shows there are numerous health benefits to dancing; physical, mental, emotional, cognitive, and spiritual. To get you moving, play FPS Traveler suggested songs on *The Greatest Playlist of All Time* on Spotify:

https://open.spotify.com/playlist/7xZwppOegp4w3rD1cbOi1R?si=vf0KO3AeRR2v3js7r_U8bw

Dance Health Benefits Reads:

- CNN: <https://www.cnn.com/2017/06/08/health/health-benefits-of-dancing/index.html>
- Healthline: <https://www.healthline.com/health/fitness-exercise/benefits-of-dance>
- Time: <https://time.com/5484237/dancing-health-benefits/>

Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain.

VIVIAN GREENE

8. MEALS TO MOVE EVERYONE



Get everyone involved and moving in the kitchen, by making meals together. If you're needing something sweet to finish the meal, bake ahead of time and get everyone involved.

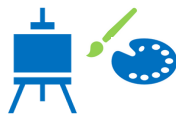
Create work stations wherever a table or surface is available.

Assign roles for meal preparation, cooking, table setting, and clean up.

Rotate roles for breakfast, lunch, and dinner. Dessert, too!

Give your appliances a rest and assign chores, Hand wash your dishes.

9. LIFE SIZE ART



Get creative and think BIG! Don't worry, we are not suggesting a free for all, where your children draw all over your home. However, we do suggest using a wall, table, or floor as an easel. For the younger ones at home, it's important to continue developing their gross motor skills. Creating a space, where more movement is encouraged, benefits everyone involved.

Work Space Preparation:

1. Choose a large surface in your home to cover with trash bags, or large chart paper.
2. Using painter's tape, secure trash bags over the large surface.
3. Using painter's tape, secure paper over the trash bags to create a blank canvas.
4. Use whatever art supplies you have to cover the canvas with creativity and colors!

Alternate Art Supplies Ideas:

- Use toys with wheels to dip into paint and drive along the blank canvas.
- Use cookie cutters as stencils, or to dip into paint and use like a stamp.
- Use magazines, newspapers, old books, etc. to make a collage.

If you are able to set up a work space outdoors, be sure to bring in the finished work to ensure no damage is done from any weather elements.

10. INDOOR OBSTACLE COURSE



Use whatever you can in your home to build the ultimate obstacle course. Want to add a challenge?

- Compete to see who can complete the course the fastest.
- Complete the course without dropping an object of choice.
- Complete the course with a blindfold, while others direct you through the course.

MOVEMENT MATTERS

Goal: Complete 100 reps of each exercise daily.

Do 10 reps of each exercise once an hour. At the end of the work day, complete the needed reps to reach 100 reps of each exercise. Check each box upon completion of exercises.

	SIT UPS	PUSH UPS	SQUATS	S.M. CRUNCHES
9:30 AM				
10:30 AM				
11:30 AM				
12:30 PM				
1:30 PM				
2:30 PM				
3:30 PM				
4:30 PM				
100 REPS COMPLETE				