

# Brown Elementary P.E.

Hello Brown families! This week I have a few YouTube videos to choose from for your weekly workout. In classic Reno fashion, we have passed Spring of deception and entered third winter. The weather looks like it will clear up and I will have a fun outdoor workout for next week! For now, enjoy these videos and I hope everyone is keeping safe and well.

**Pokemon Yoga:** <https://www.youtube.com/watch?v=tbCjkPlsaes>

The benefits of Yoga are endless. Physically, it enhances flexibility, strength, coordination, and body awareness. It also can reduce stress and anxiety. This video is geared towards younger students, but anyone can do it!

**Tae Bo Workout:** <https://www.youtube.com/watch?v=Sn7ltmaHq9E>

Tae Bo helps to increase **strength**, muscle mass, **flexibility** and **cardiovascular fitness**. This is a long video, and is high intensity, so may be suited for older students. It's a great workout for parents too!

**Just Dance Workout:** <https://www.youtube.com/watch?v=yQ4fTl4wbko>

This video is bringing the video game to a new format; working out! Follow along with the dances to work all of your muscles and have some fun!

