

## Sports & Movement Badge

### Choose 2 activity to complete

- Follow along with a [Teen Yoga for Beginners](#) video. How was it?
- Go outside and play the sport of your choice for 30 minutes
- Learn about what your heart-rate can tell you about your exercise plans, and calculate your resting/maximum heart rate <https://www.heart.org/en/healthy-living/fitness/fitness-basics/target-heart-rates>
- What's your favorite sport to watch? Tell us what it is and why you like it.
- Follow along with a [Join the Challenge dance workout for kids](#) workout video. Did you get a family or friend to participate as well?
- Get a friend to workout along with you to the video [15 minute Boxing Workout](#)
- Who is your favorite sports player? Read a book or article about their life.
- Take a walk on the [Sam's Branch Greenway](#)
- Take a bike ride with your family or friends on the [Clayton River Walk on the Neuse](#)
- Check out one of these books about sports in the library catalogue physical [Book or download an eBook](#) in our Overdrive Library .

