

80 Ways to Workout at Camp: An Intense Evening Workout for Body, Heart, and Mind *Evening Activity*

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SUMMARY:	After a day of working out your Action Plan, your body might need to move. This rain or shine outdoor workout will include strength training, HIIT and yoga.
TOPIC(S):	Physical activity for collective health and joy
LEARNING OBJECTIVE:	We also learn by moving, and meeting the needs of the body
AUDIENCE:	Any and all
TIMING:	75 minutes
APPENDICES:	80 ways takeaway
MATERIALS NEEDED:	Headbands, music, skilled instructor
SET-UP DETAILS:	Outside or in a gym

SESSION TIMELINE & OUTLINE:

Opening: (10 minutes)

As participants gather, they choose a colored headband according to a *sfirah* (a value/middah that shows up in the body according to kabbalah). This shows what they will be applying with intention to their workout, and gives the coaches the visual cue on how to motivate and support them.

Warm up all together. Depending on numbers, either stay as a group, or break up into rotations.

Activity: (45 minutes)

Workout with a skilled instructor, moving the body with strength, balance, and flexibility.
-Israeli Dance Cardio
-Strength-building yoga

Debrief: the Stretch (15 minutes)

- Using the takeaway sheet, share with a partner what your experience was of working out with intention.
- Participants will stretch while sharing.
- Close with a whole group visualization meditation.