

Welcome to the inaugural Mowat-Wilson Syndrome Foundation

FITNESS CHALLENGE

- 5-week challenge to move your body every day with 15 minutes of a fun physical activity.
- Share & connect with our Mowat-Wilson community by using #MoveYourBodyforMWS on Facebook or Instagram.
- Shift mindset from negative to positive in this unique time we're living through together.
- CELEBRATE with each other & be rewarded with a virtual certificate of accomplishment upon completion.

	Example	Week 1 	Week 2 	Week 3 	Week 4 	Week 5 
Monday	Toe touches DONE!					
Tuesday	Dance party on TikTok!					
Wednesday	Twirling! Don't get dizzy!					
Thursday	Jumping Jacks... Wow!					
Friday	Conga line through house					
Saturday	Rolled ball across kitchen to each other					
Sunday	Bowled with food cans - Yahoo!					

Activity ideas

Dance party, marching in place, bouncing a ball, relay race, playing tag, dance freeze, toe touches, jumping jacks, playing catch, twirling, and many more!
Please keep in mind the needs & capabilities of your loved one. Any movement is positive movement. Please check with your doctor if you have any concerns.