

HIGHLIGHT CHALLENGE

THIS WEEK WE WILL HIGHLIGHT EXERCISE

Your challenge is to

make an obstacle course in your yard.

Plan different stations. Use hula hoops to jump in.

Set up cones to run through.

Use boxes to create tunnels to crawl through.

Secure a rope to 2 trees to crawl under.

Use stuffed toys in different locations to retrieve and race back.

Be creative and plan something fun.

Invite the family to try it out!



Extra Credit:

Complete these exercises
each day.

5 push ups

10 jumping jacks

15 sit ups

20 leg squats

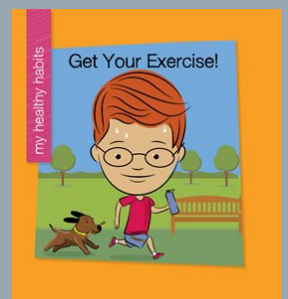
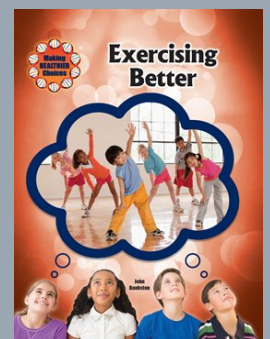
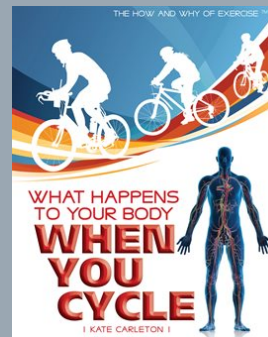
For more fitness information

visit these sites:

[Healthy Children](#)

[Very Well Family](#)

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