
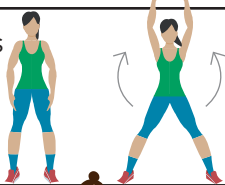

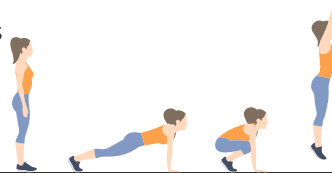




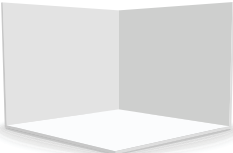



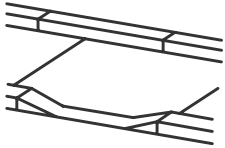




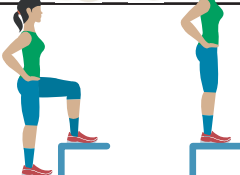



Fitness Scavenger Hunt

Directions: Search around your house and yard for the following items or landmarks. When you find them, do the listed exercise/activity. Do it together as a family, or make it a competition among siblings or parents and children.

<input type="checkbox"/> Stop sign 	10 jumping jacks 	<input type="checkbox"/> Pretty flower 	5 burpees 
<input type="checkbox"/> Tree 	Yoga tree pose for 30 sec on each leg 	<input type="checkbox"/> Sidewalk 	Sprint over 10 lines in the sidewalk 
<input type="checkbox"/> Wall 	Wall sit for 45 sec 	<input type="checkbox"/> Stick 	Jump over and back 20x 
<input type="checkbox"/> Curb 	20 calf raises 	<input type="checkbox"/> Grass 	Bear crawl for 30 sec 
<input type="checkbox"/> Steps 	Step ups for 60 sec 	<input type="checkbox"/> Friend 	Dance party for 60 sec 