

LHS K-2 Fun Fitness Weekly Challenge



Your Goal: To perform each of the 5 strength exercises each day!

Challenge you family members to do this with you! Draw a happy face in the box each day you complete the exercise. These exercises use your own body weight to make you stronger. Work hard and have fun!

1. **Toe touches** – Stand tall with both hands over your head. Bend forwards to touch your toes and then stand back up.
2. **Squats** – From a standing position sit back like you are going to sit in a chair. Stand back up.
3. **Push-ups** – You can do these from your knees or against a wall.
4. **Heel raises** – Stand tall then lift up onto your tiptoes and hold, then lower.
5. **Forward facing bridge** – Hold this position while you say the whole alphabet.



Exercise	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15 toe touches							
15 squats							
10 push-ups							
15 heel raises							
Forward facing bridge							

Remember to get outside and play at least 30 minutes a day!

I would love to see how you are doing with your physical activity. Feel free to send me pictures or videos of you being physically active to stacey.briggs@nbed.nb.ca.