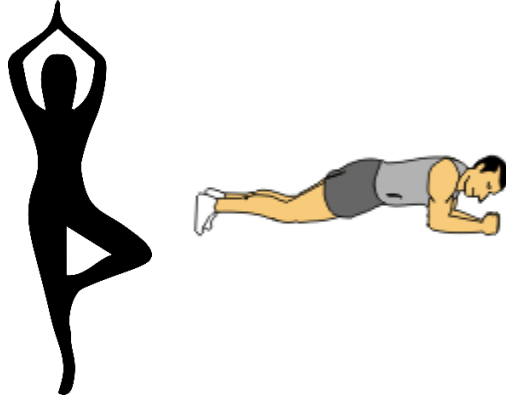


LHS K-2 Weekly Fun Fitness Challenge

Your goal: To perform the exercise that matches each letter in each word of the day. Challenge your family to do this with you. Remember, work hard and have fun!

Monday	Tuesday	Wednesday	Thursday	Friday
fitness	muscle	breathe	balance	your full name



A	10 jumping jacks	N	10 second plank
B	10 second plank	O	10 jumping jacks
C	10 squats	P	5 second tree pose
D	5 push ups	Q	10 second plank
E	10 skips	R	5 push ups
F	10 side to side hops	S	10 high knee marches
G	10 one foot hops	T	5 second tree pose
H	10 squats	U	10 squats
I	10 jumping jacks	V	10 side to side hops
J	10 high knee marches	W	10 jumping jacks
K	5 push ups	X	10 second plank
L	10 one foot hops	Y	5 push ups
M	10 side to side hops	Z	5 second tree pose



Remember to get outside and play for at least 30 minutes a day, too! Go for a walk with your family, ride your bike, shoot at a basketball or hockey net, hula hoop or skip. These are all great ways to take your activity outside!