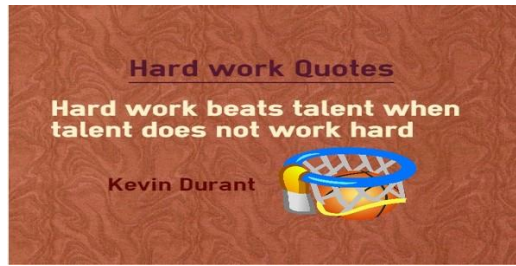


### LHS 3-5 Weekly Fun Fitness Challenge



**Your goal:** To perform two of the activities each day from the list below. Your choice! Work hard and have fun!

Go for a walk with your family.	Balance for 10 seconds on each foot.
Dance to your favorite song.	Do 20 jumping jacks and then 20 squats.
Run in place for 3 minutes.	Do 10 push-ups and then 20 side to side jumps.
Practice shooting a basketball at a net. If you don't have a net use a laundry basket and a sock. See how many baskets you can get in a minute.	Get your speed stacks or plastic cups and practice the 3-3-3, 3-6-3 or the cycle.



**Remember to get outside and play for at least 30 minutes a day, too! Fresh air and exercise are so good for you. All of the choices listed above can certainly be done outside.**

