

# TIME FOR FITNESS FUN

Finish some or all of these activities, count up to 30 or hold for 30 seconds.  
Use a timer to keep track, and check off each activity once you are done

30 second leg stretch for each leg

30 jumping jacks

30 knee lifts

30 hops on one foot

30 jumps / skips with rope

30 seconds spiriting in place

30 seconds marching in place

30 seconds touching your toes

30 seconds deep breathing with eyes

WHAT'S  
YOUR **30**?  
30 MINUTES. 30 DAYS.



30 OCT - 28 NOV