

Hello Tigers!!!
We miss you!
Just a quick review of health information.....



.....this will keep your happier and healthier!

BUNDLE UP AND PLAY OUTSIDE!

If you are stuck inside.....

1. Would you rather Fitness Routine.....

<https://www.youtube.com/watch?v=hsfheb5UwdE>

2. Dance Party- Listen to your favorite music and dance or choose from this list....

Cha Cha Slide Chicken Dance Cupid Shuffle

3. Flip a coin workout (see paper below)

Flip a Coin Workout

All you need is one coin.

Flip it and follow the chart below.

10 is the number for how many exercises to complete unless it says otherwise.

Round	Heads	Tails
1	Jumping Jacks	Push Ups
2	High Knees	Mountain Climbers
3	Line Jumps	Arm Circles
4	Squats	Dance Moves
5	Plank (30 sec)	Run in Place (30 sec)
6	Sit ups	Shoulder Taps
7	Burpees	Scissor Run (30 sec)
8	Punches	Heel Kicks
9	Floss (30 Sec)	Wall Push Ups
10	Dead Bugs	Lunges

