



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

DOWNLOAD THE CARD AND TRY TO COMPLETE EACH ACTIVITY OR EXERCISE ON THE BOARD. HAVE FUN!

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B	i	n	G	O
Go for a Walk	Push-ups during commercial break	1 minute wall-sit	Have a Dance Party	Have a jump rope competition
Play a Basketball Game	100 sit-ups	Make a nature collage	Have a race at the track	Do a puzzle
1 minute plank	Yoga	free	Eat a healthy snack	Do some yard work
See how long you can hold a squat	Play "I Spy" on a walk	Use chairs, pillows, etc for an obstacle course	Go for a run around the block	Jumping Jacks during commercial break
Read for at least 30 minutes	Have a sack race using old pillow cases	Create Something	Go on a Bike Ride	Learn something new about your favorite person

We strongly recommend that you consult with your physician before beginning any exercise program. By using this content, you represent that you understand that physical exercise involves strenuous physical movement and that such activity carries the risk of injury whether physical or mental and you expressly waive and release any claim that you may have at any time for injury of any kind arising out of your participation in a YMCA program.