

# DRESS-UP DANCE PARTY

## GOAL

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Engage in **1** hour or more of physical activity every day.

To learn more about the 5-2-1-0 goals, visit [FitnessforKidsChallenge.com](http://FitnessforKidsChallenge.com).

## CHALLENGE: DRESS UP TO GET DOWN!

Grab a friend or family member, put on a silly costume and start dancing to your favorite music! Dancing is a great exercise to help you stay fit and strong – the happy laughter is just an added bonus! Don't know how to dance? Try shaking your hips, waving your arms or jumping up and down.

### What You'll Need:

- ◆ Friends and/or family
- ◆ Props — hats, scarves, jackets, dresses and costumes
- ◆ Fun music or radio

### Get Your Party Started:

- ◆ Get ready.
- ◆ Turn the music on.
- ◆ Grab your props and dance, dance, dance!
- ◆ Keep your dance party going for as long as you can.
- ◆ When you're danced out, take a breather and mark it on your tracker.

### SUPER CHALLENGE:

Make it a dance-off by seeing who can dance the longest.

