

JUMP SNOW HURDLES

GOAL

2 Aim to limit TV watching or computer use for fun to **2** hours or less each day

To learn more about the 5-2-1-0 goals, visit FitnessforKidsChallenge.com.

ACTIVITY: HAVE FUN IN THE SNOW!

For this activity, you'll be using snow to give yourself a workout. (Remember, if there's no snow you can always save this challenge for when there is!)

Here's what to do:

- Lightly pack a bunch of basketball-size snowballs.
- Use them to build a course of hurdles to jump over.
- Choose someone to be the leader and follow them around the course.
- Switch up who the leader is to keep things fun and interesting!



Tip: Using your outdoor surroundings to create a fun workout is easy, free and gets your mind thinking creatively!



www.FitnessforKidsChallenge.com