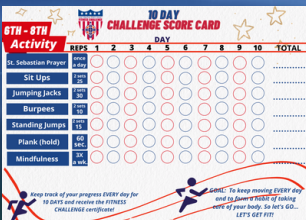


# JOIN US IN A 10 DAY STUDENT FITNESS CHALLENGE



## MARCH 4-15

Program elements include:



Tracking sheets



YouTube videos



Certificates



For more details

Modeled after President Kennedy's 1960 U.S. Presidential Physical Fitness Challenge. This is a fun 10 day exercise challenge 100% accessible by teachers online to keep students moving and active. Students are challenged to complete daily activities and track their progress in the following areas:

- Physical activities
- Prayer and Mindfulness
- Hydration and Healthy practices

Activities are tailored to 3 specific age groups. Each group has their own videos and tracking sheets appropriate for their age. Certificates are awarded to all who complete the program!

### LET'S FORM SOME GREAT HABITS AND GET FIT TOGETHER!