



Fresh Air Fitness

Head outdoors if possible. Complete the physical challenges in place (if indoors) or move around (if outdoors).

- 1 March with knees high for 2 minutes
- 2 Jog for 2 minutes
- 3 Mountain climbers for 30 seconds
- 4 Lunges for 1 minute
- 5 Side to side jumps for 1 minute
- 6 Arm circles while marching for 1 minute
- 7 Run for 2 minutes
- 8 Jumping jacks for 1 minute
- 9 Squats for 1 minute
- 10 Take 10 deep breaths

