



BOYS & GIRLS CLUBS
OF CHICAGO

TOO FIT TO QUIT: GETTING MOVING THIS FALL

FALL FITNESS

K-5

MONDAY

APPLE CORE!
HEALTHY LIFESTYLE
TRIPLE PLAY

Fifty situps! Pretend you have an apple between your knees that you need to balance.

TUESDAY

PUMPKIN BALANCE!
HEALTHY LIFESTYLE
TRIPLE PLAY

Pretend you're holding a pumpkin above your head as you balance on one foot.

WEDNESDAY

RAKE AND JUMP
HEALTHY LIFESTYLE
TRIPLE PLAY

Raking leaves is a great cardio exercise. Try one of these variations to get your fall fitness on.

<https://www.kindercare.com/content-hub/articles/2016/september/leaf-piles>

THURSDAY

NEED FOR SPEED
HEALTHY LIFESTYLE
TRIPLE PLAY

Here's a speed workout that you can do inside or outside.
<https://www.youtube.com/watch?v=g3L556EpRuo>

FRIDAY

RECOVERY
HEALTHY LIFESTYLE
TRIPLE PLAY

Stretching and recovery is just as important as doing the strength and speed work!

<https://www.youtube.com/watch?v=wK99III1oFM>