

Neighborhood Walk Around Workout



For this workout we're going to have some fun around the block!

Draw a little map of your neighborhood with your family and make note of any close by buildings or parks.

Follow this exercise guide while you go on your family walk!

What you see...	What you do...
Dogs or cats	10 Jumping jacks
Yellow or red flowers	10 Squats
Blue or green cars	5 Lunges each legs
Someone riding bike	10 High knees

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