

Lakeland's Be More Fit Daily Health Challenges!

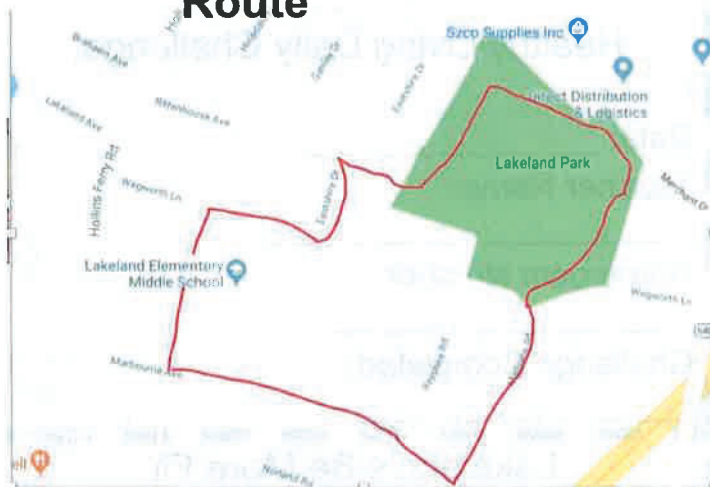


As a class, you can complete the Healthy Living challenges on the calendar to receive 50 points for each day!

Monday May 6 th	Tuesday May 7 th	Wednesday May 8 th	Thursday May 9 th	Friday May 10 th
Complete 30 jumping jacks!	Class Circle: What are 3 things you're thankful for today?	Complete 15 squats!	Get organized: Declutter your desk!	Complete 10 push ups!
Monday May 13 th	Tuesday May 14 th	Wednesday May 15 th	Thursday May 16 th	Friday May 17 th
Complete 20 toe touches and 25 arm circles!	Class Circle: Write or share a kind compliment to three classmates	Complete 15 sit ups!	Complete 5 minutes of mindfulness	Class Circle: Rose, Bud, Thorn ***Bonus: Community Walk***



Community Walk Route



We will complete a community walk on Friday, May 17th. If your class participates, you earn **100 extra points!**



Community Walk Directions

1. Out of the front door, turn left on Stranden Road. Walk to Marlboune Ave.
2. Turn left onto Marlboune Ave. Walk to Mallview Road.
3. Turn left onto Mallview Road. Continue until you cross Wegworth Lane to enter the park.
4. Follow the park around the path (around baseball field, up the hill).
5. Exit onto Rittenhouse Ave.
6. Turn left onto Eastshire Drive.
7. Turn right onto Wegworth Lane.
8. Turn left onto Stranden Road (back to the front of the school).