

MENTAL HEALTH AWARENESS MONTH

Indoor Fitness Scavenger Hunt

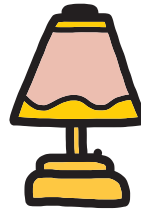
Find the following items in your home. When you find them, do the listed exercise. You can do this as a family, a competition with siblings, or on your own.



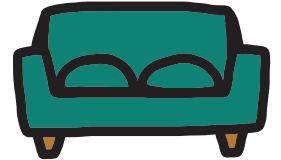
PEN/PENCIL
10 MOUNTAIN CLIMBERS



SOAP
10 AIR PUNCHES



LAMP
5 PUSH-UPS



COUCH
10 CRUNCHES



TABLE
BALANCE ON LEFT LEG
FOR 15 SECONDS



BED
10 JUMPING JACKS



BROOM
10 SQUATS



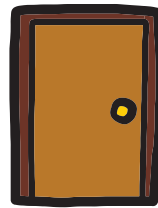
PLANT
10 ARM CIRCLES



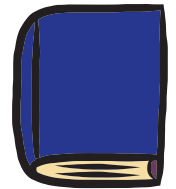
WINDOW
20 HIGH KNEES



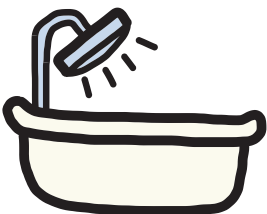
CLOCK
10 AIR KICKS



DOOR
10 TOE TOUCHES



BOOK
10 SECOND WALL SIT



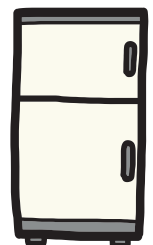
SHOWER
DANCE FOR 20
SECONDS



JACKET
15 SECOND PLANK



CHAIR
BALANCE ON RIGHT LEG
FOR 15 SECONDS



FRIDGE
10 LUNGES