You Choose 3

Pick 3 activities and perform 10 minutes or more for each activity. Don’t forget to record what you have done on the website.

• **Jump rope**: If you have downstairs neighbors who complain, go in the hall or outside your building. For more fun, YouTube jump-rope rhymes and/ or skills

• **Balloon ball**: There are endless ways to play with balloons indoors. Try to keep it off the ground or just play catch. Mix it up with balloon tennis!

• **Follow the leader**: Add to the workout with energetic movements such as jumping, stomping, and squatting.

• **Dance party**: Turn on the music and shake your groove thang.

• **Clean-up race**: Set a timer or put on a song to see who can right the room the fastest.

• **Use the Wii Fit** (if available)

• **Hot Lava**: Get around the house without touching the floor, and the players have to hop from “stone” to “stone” without falling into the hot lava.

• **Obstacle Course**: Move tables and chairs around and set up a fun obstacle course! Crawl under tables, climb over chairs, crawl through boxes, etc. It’s so much fun!

• **Ride your bike**