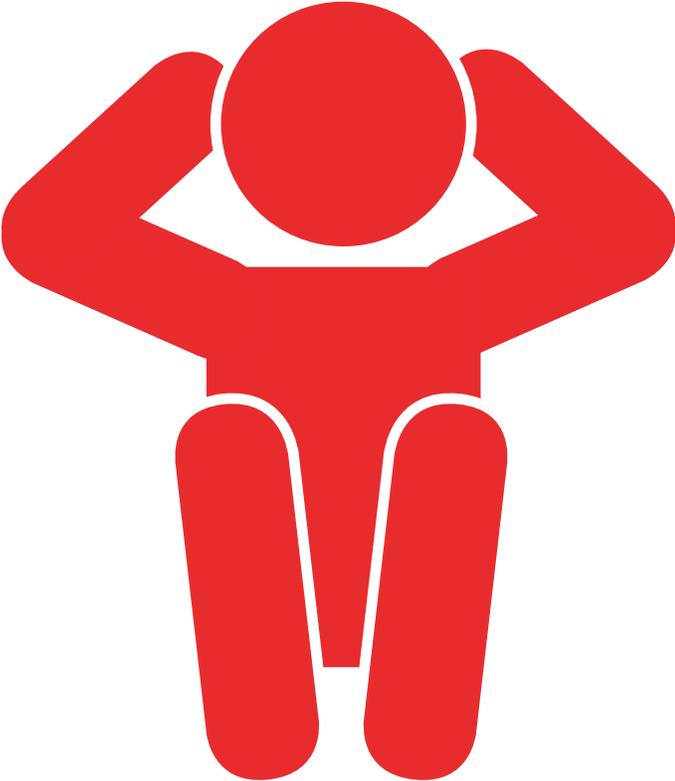




Morning

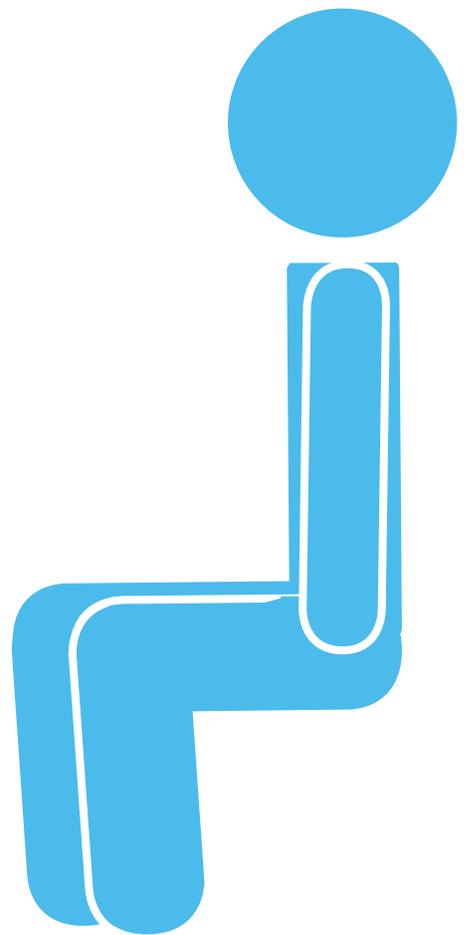
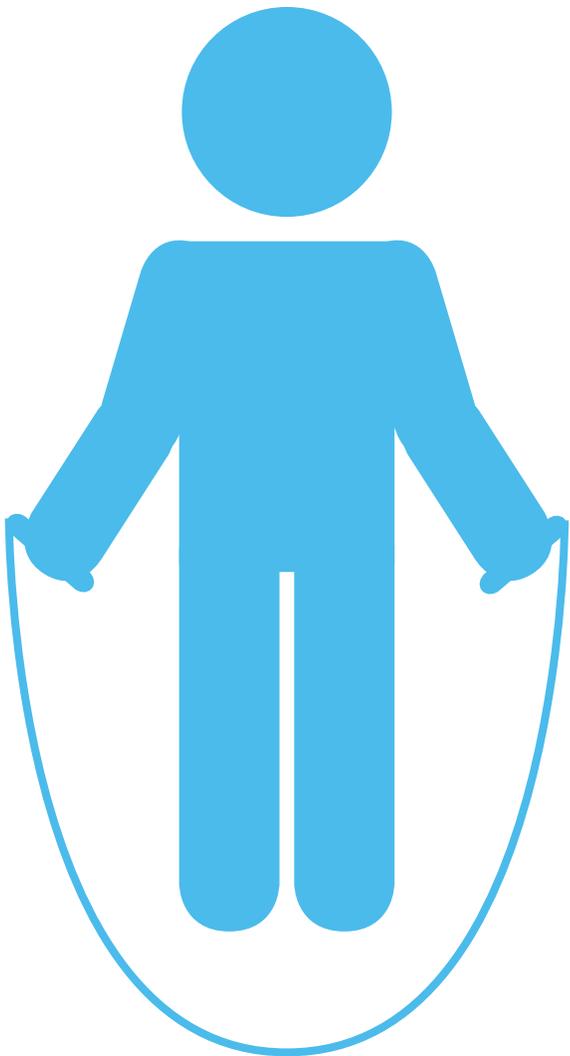


fitFlow Yoga
fitBoost



At School

Jump rope or toss and catch balls (recess)
Wall sits (standing in line)





After School

Bicycle (floor exercise)
Dribble balls





Evenings



Walk or jog

