



Winter Activity Challenge

Inspire activity this winter with our winter activity challenge. Complete at least one row of activities each time you play. Better yet, complete the entire board for a 'full house' of fun and fitness!

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| GO FOR A LONG WALK | JUMPING JACKS FOR 1 MINUTE | MAKE AN OBSTACLE COURSE | DO A MINI WORKOUT |
| HELP WITH THE CLEANING <small>(And dance while doing it!)</small> | KITCHEN DISCO | LEAD A FAMILY WORKOUT | GO FOR A SHORT WALK |
| HOST A FAMILY GAMES NIGHT | CLEAN YOUR ROOM | INDOOR SNOWBALL FIGHT | WALK AROUND THE HOUSE FOR 10 MINUTES |
| BALLOON VOLLEYBALL | 30 MINUTE ONLINE EXERCISE VIDEO | EVENING WALK TO SEE THE CHRISTMAS LIGHTS | WINTER SCAVENGER HUNT |