

June Family Fitness Challenge Cultus Lake Community School

DAILY - warm up with on the spot moves; do 15-20 of each

- 1) Walking on the spot
- 2) Hand to opposite knee (crossbody)
- 3) Elbow to opposite knee (crossbody)
- 4) Jogging
- 5) High knees
- 6) Football feet (run as fast as you can on the spot)

OR

Do the beginner balance sequence on Teams Physical Education (This is challenging! Keep working at it to improve!)

Walking challenge - try to log enough walking kilometers to reach Bridal Falls! The distance is roughly 30 km from Cultus Lake so if you walk about 2.5 km (30 minutes) per day you should complete the imaginary trip by June 20th. Extra challenge: try to 'walk' back as well.

Log your walking here. Each box is 30 minutes or 2.5 km

30	30	30	30	30	30	30	30	30	30	30	30

You made it! Now try to get home.

30	30	30	30	30	30	30	30	30	30	30	30

Remember to stretch after your walk. Use the 'Stretchit' folder on teams in the yoga channel or do some yoga.

\*If you and your family prefer to bike, make it a biking challenge. At 20 km/hour how long will it take to get to Bridal Falls?