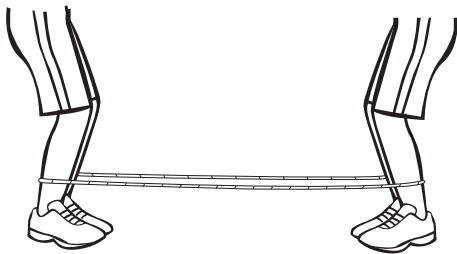


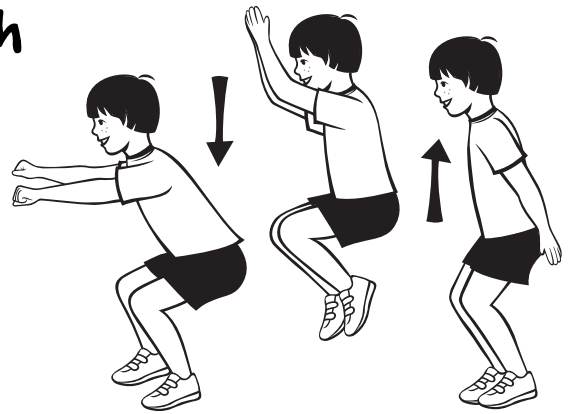
Healthy Bones



- Motorcycle or Skier Jumps
- Chinese Jump Rope
- Invisible Skipping Ropes



• Hopscotch



Healthy Heart

2



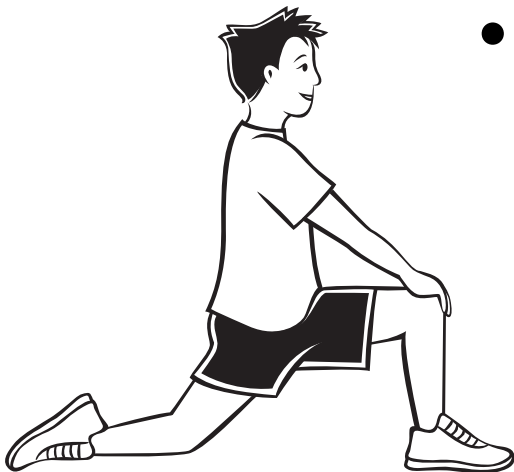
- Jump and Freeze
- Moving to Music
- Energy Blasts
- Chair Bicycles
- Partner Twists and Peek a Boo



Healthy Muscles



- Yoga Poses
- Grippers to Music
- Stretching



Healthy Self

4



- Scarf Painting

- Throw and Catch Bean Bags or Scarves

- BrainDance

- Brain Energizers or Focusers

