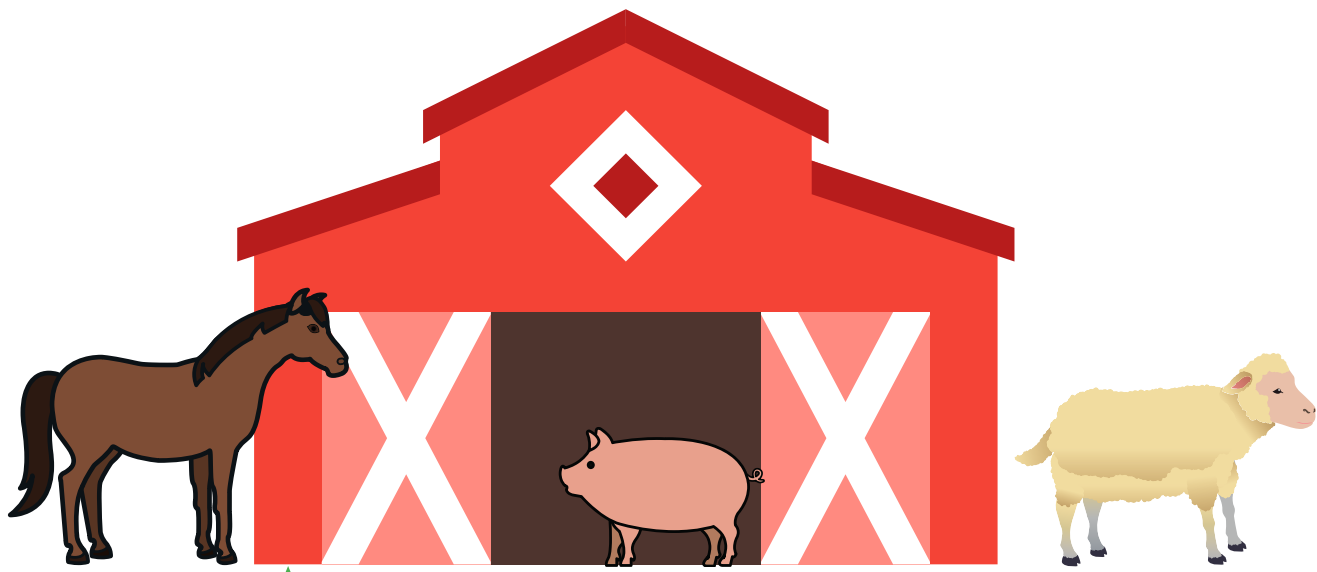


FALL FIT CLUB ACTIVITY

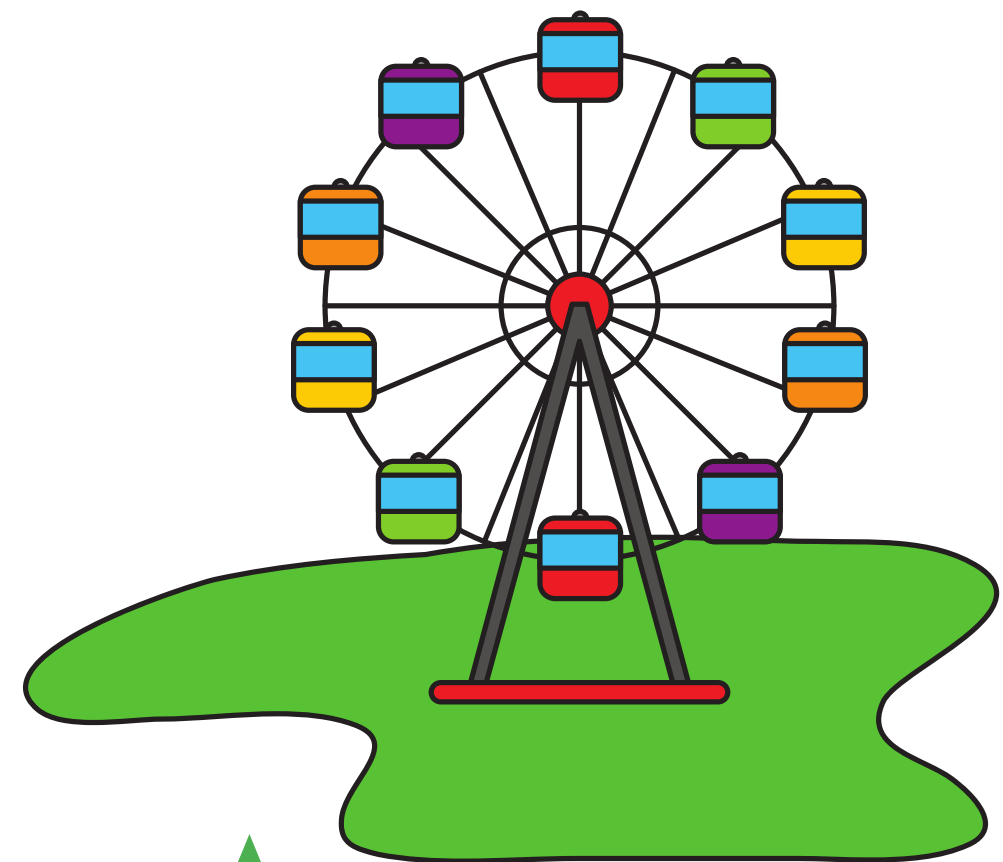
State Fair Fitness Tour

Follow the arrows & take a fitness journey through the State Fair!
Do 10 of each exercise you find along the way!



Don't miss the farm animals at the barnyard! **SQUAT** down low to get a good look into the pig pen!

Check out the show in the carnival tent! **JUMP** up and down as you cheer on the acrobats!



Grab a bite to eat at the food truck! Do **PUSH UPS** to show off your muscles to passerbys!

Take a ride on the ferris wheel! Do **ARM CIRCLES** as you go round & round!



Play a game to win a prize! **THROW** as hard as you can to knock over the glasses!

