

FALL FIT CLUB ACTIVITY

Where FALL have you been?

Check out each of the fall places or activities below.
If you've been there or done that, do 15 of the exercise.
If you haven't, you only have to do 10!



Pumpkin Patch - Push-Ups



Back to School - Skip



Camping - Crunches



Hiking - High Knees



Apple Picking - Sky Reaches



Marathon Jr. - Run in Place



Football Game - Shuffle Taps



The Fair - Frog Jumps



Haunted House - Bridges



Trick or Treating - Tuck Jumps



Hayride - Squats



Fall Festival - Forward Bounds

Got questions? Get answers by emailing
KidsRunRVA@sportsbackers.org