

HEALTHY BOOOOST

HALLOWEEN NIGHT

SCAVENGER HUNT

Turn physical activity into a festive treat! When you spot these costumes while you trick-or-treat, do the exercise listed.



PRINCE OR PRINCESS

Stand tall like a royal highness and do 10 calf raises!

COP, SOLDIER OR FIREFIGHTER

Stop, drop and roll. Then, do 5 pushups!

SUPERHERO

Do 10 arm circles in each direction.

PIRATE

Drop and hold a plank for 30 seconds!

ATHLETE

Pretend to dribble a basketball or hit a home run for 1 minute.

