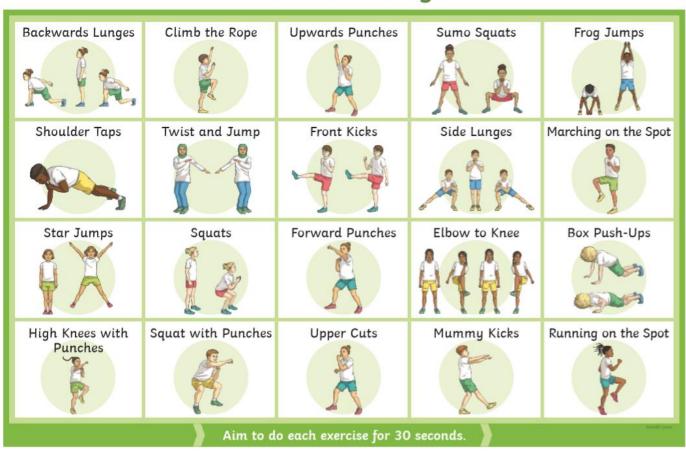
## Pathway 2 – Fitness

Hope you guys are keeping fit with Joe Wickes, dancing, yoga and other fun fitness activities. Maybe you are just walking in the park. Here is a new fun fitness activity. Fitness Bingo. You can either cut the activities out and pick them randomly to do, or you can see how many you can do in 1 go. Cover them over or turn them over once you have done them so you know that exercise is finished. Do each exercise for at least 30 seconds.

## Fun Fitness Bingo



<u>Try some Yoga at home. Only do what your body lets you do, do not overstretch. Don't forget to practice breathing while stretching.</u>



