



Physical Fitness and Culinary Adventures

10 Activity Physical Fitness Challenges that can be done as a family or individual. Each week will have different activities and healthy snack recipes.

Week 1: Yoga

Week 2- Strength and Conditioning

Week 3- Agility Course

Week 4-Line Dancing

Week 5-Salsa Dancing

Week 6- Soccer

Week 7-Walk, Run, or Hike

Week 8-Water and Sun Safety

Week 9- Biking

Week 10- Revisit your favorite physical activity

Dates:

Starts May 15 – Go at your own pace

Ages

5 to 18 Years

Where will we meet?

This adventure will utilize Google Classroom

Supplies needed to participate

Device with internet connectivity, a bike (optional), tennis or walking shoes

Registration opens May 15

This adventure is presented by

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