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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