

Outdoor exercise circuit!

In your backyard or driveway, set up five stations spaced out as widely as possible in an oval/circle shape (or a straight line if that works better in the space you have).

1. Station 1: Draw a hopscotch using chalk.
2. Station 2: Place a hula hoop.
3. Station 3: Place a jump rope.
4. Station 4: Place two buckets filled with water.
5. Station 5: Place a bike or scooter.

How to do the circuit:

1. Station 1: Hop on one leg across the hopscotch.
2. Station 2: Hula hoop for 5 rotations.
3. Station 3: Jump rope 10 times.
4. Station 4: Carry the two buckets of water (one in each hand) to Station 5.
5. Station 5: Bike or scooter back to Station 1.

The goal is to finish the circuit as quickly as possible! Compete with your family and use a stopwatch or timer to see who is the fastest!