

The background features a vibrant, abstract design with various shapes and patterns. At the top, there are diagonal lines in shades of green and blue, along with a row of teal dots. A large, flowing shape in dark blue, teal, and yellow dominates the upper right. Below this, a green circle is visible. The central text is surrounded by more patterns, including a vertical column of orange dots on the left and a grid of green dots on the right. At the bottom, there are more abstract shapes in green, yellow, and orange, with a teal circle and a row of teal dots at the very bottom.

IMPACT
at HOME

ACTIVITY CARDS



CARDIO

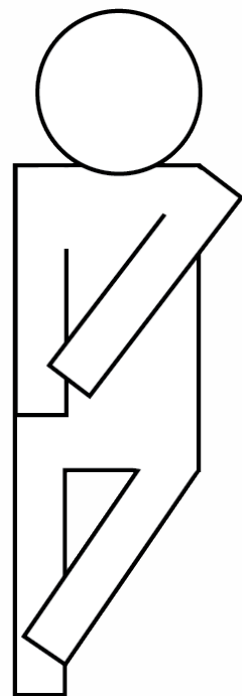
Cross Jacks

CARDIO

INSTRUCTIONS

1. Stand with feet shoulder-width apart and extend arms out to either side with palms facing down.
2. Jump and cross right arm over left and right foot over left.
3. Jump back to starting position.
4. Jump and cross left arm over right and left foot over right .

Bonus play: Try to pair with an upbeat song like “Try Everything” by Shakira!





CARDIO

Fast Feet

CARDIO

INSTRUCTIONS

1. Get into a squat position with your feet shoulder width apart.
2. Push through the balls of your feet and run quickly in place.
3. Repeat for 30 seconds, with 30 seconds rest, 5 times.

Bonus: Pretend to be your favorite football player!

