

PARKDALE FITPLAY

JAN 27 - FEB 28!

FOLLOW ALONG AS FITNESS LEADERS HELP YOU DISCOVER FUN WAYS TO MOVE, PLAY AND STAY STRONG WHILE EXPLORING LOCAL PARKS!

5 FITNESS LEADERS

7 LOCAL PARKS

4+ WEEKS OF PRIZES

OUTSIDE & ONLINE!

#PARKDALEFITPLAY

 **@PARKDALEFITPLAY**

 **@PARKDALEVILLAGE**

CHOOSE A SHORT NAME, WORD OR PHRASE...

...SPELL IT OUT!

DO THE EXERCISE THAT MATCHES EACH LETTER!

A 10 x HIGH KNEES ON THE SPOT

B 5 x FROG JUMPS FORWARD

C 10 x BOXING "1-2 PUNCH"

D WALK/SKIP/JOG/RUN A LAP AROUND THE PARK

E 10 x JUMPING JACKS

F 10 x HOPS FORWARD ON ONE LEG THEN THE OTHER

G 10 x BENCH OR WALL PUSH-UPS

H 10 x SIDE SHUFFLES, LEFT THEN RIGHT

I JOG ON THE SPOT FOR 20 SECONDS

J 10 x BOXING "1-2 PUNCH & DROP"

K 30 SECONDS x BOXING "JAB WITH MOVEMENT"

L 10 x CURB, ROCK OR BENCH STEP-UPS

M 10 x DUCK WALK FORWARD

N 5 x JUMP SQUATS

O 20 x BUTT KICKS

P 10 x REVERSE LUNGES ON ONE LEG, THEN THE OTHER

Q 5 x HIGH VERTICAL JUMPS

R 10 x SQUATS

S 10 x WALKING LUNGES FORWARD

T 5 x BOXING COMBO "1-2 PUNCH SLIP/SLIP DROP"

U 20 SECONDS OF FAST FEET ON THE SPOT

V WALK/SKIP/JOG/RUN A LAP AROUND THE PARK

W 5 BROAD JUMPS FORWARD

X 15 x SKIPS WITH AN INVISIBLE JUMP ROPE

Y WALK/SKIP/JOG BACKWARDS ACROSS THE PARK AND BACK

Z 15 x SKIPS WITH AN INVISIBLE JUMP ROPE

GET WARM-UP AND COOL-DOWN TIPS ONLINE @PARKDALEFITPLAY



DEBBIE KING SUPAFITMAMA

PHYSICAL DISTANCING IN PARKS AND SQUARES IS REQUIRED!

DISCLAIMER OF LIABILITY: INJURIES OF ALL TYPES CAN OCCUR WHEN PARTICIPATING IN PHYSICAL ACTIVITY. WE STRONGLY ENCOURAGE ALL PARTICIPANTS TO CONSULT WITH A LICENSED HEALTH PROFESSIONAL PRIOR TO BEGINNING ANY NEW EXERCISE ROUTINE, TO WORK AT THEIR OWN FITNESS LEVEL, AND TO STOP AND TAKE APPROPRIATE MEASURES SHOULD YOU FEEL UNWELL.