



LIVE YOUR WHY

Afterschool Edition



Create an obstacle course in your yard or home.



Is there a new activity you can incorporate into the course?



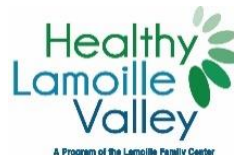
Time yourself running it.



Can you beat that time?



Pro tip: Put everything back when you are done!



Looking for other ideas to help plan your afternoon? Visit us at www.healthylamoillevalley.org/liveyourwhy