



Live Your Why – Afterschool Edition

Train like a superhero!

Check out this Avengers workout video:



Scan this:



youtube.com/watch?v=jyWyBern6q4

Which workout did you like the best?

If you could choose to have a superhero power, what would it be and why?



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