



LIVE YOUR WHY

Afterschool Edition



It's important to stay fit and build your strength.

Try out some of these workouts that don't require any equipment.

Scan this:



www.youtube.com/watch?v=Jvopg1pzQC4

Do you have any favorite workouts?



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