

LET'S GET *ACTIVE!*

PRESENTED BY



Barber National Institute
Making dreams come true.



GAMES TO STAY ACTIVE

45 FUN PHYSICAL ACTIVITIES

DRIVEWAY GAMES

ADAPTED AT-HOME ACTIVITIES

DRIVEWAY FOUR SQUARE

BICYCLE GAMES

FUN WORKOUTS FOR ANYONE

FAMILY CARDIO WORKOUT

RAINBOW YOGA

SPECIAL OLYMPICS "COMMIT TO FIT"

AT-HOME FITNESS GAMES

SNACKS TO KEEP YOU HEALTHY

TIPS TO STAY HYDRATED

POST-WORKOUT SMOOTHIE

PEANUT BUTTER ENERGY BITES

SHARE YOUR MOVES

