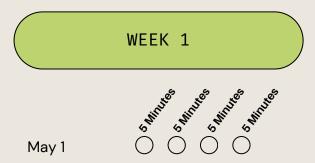
ONE LEG HOPPING

MAY BFIT

Classroom: School:





Let's boogie for 20 minutes every day in the classroom to keep those energy levels soaring!

Mark your checklist each time you rock a 5 minute movement session.

Email your completed BFit calendar to communityhealth@tfhd!

	WEEK 2	WEEK 4
May 4 May 5 May 6 May 7 May 8	burnes of the company	May 18 May 20 May 21 May 22
	WEEK 3	WEEK 5
May 11 May 12 May 13 May 14 May 15	Strict St	May 26 May 27 May 28 May 29

Hopping trains your muscles to react quickly.
This is especially beneficial for sports and activities that require rapid changes in direction or bursts of speed.

Scan the QR Code to hop along with a new challenge that gets more fun each week!

