







Can you complete...



# THE PERSIMMON HOMES **STAY ACTIVE** FITNESS CHALLENGE

					
»»»»	»»»»	»»»»	»»»»	»»»»	»»»»
<b>10</b>	<b>12</b>	<b>10</b>	<b>12</b>	<b>10</b>	<b>12</b>
TOE TAPS	STAR JUMPS	LEG LIFTS	HOPS	ARM CIRCLES	LUNGES



**WHY NOT TIME YOURSELF AND TRY TO BEAT YOUR SCORE TOMORROW**

**REMEMBER TO STRETCH BEFORE AND AFTER YOUR CHALLENGE**



**DON'T FORGET TO DRINK LOTS OF WATER TO STAY HYDRATED**



**THERE ARE LOTS OF OTHER WAYS TO KEEP FIT THIS SUMMER**



**HULA HOOP**  
How long can you hula?



**KEEPY UPIES**  
What's your record?



**GET MOVING**  
Dancing is a great way to stay fit!