

# FITNESS SCAVENGER HUNT

COMPLETE ALL TASKS IN ANY ORDER YOU WANT!

Do 15 jumping jacks in every room of your house.

**FREEZE!** Look around you and count how many blue objects are around you (don't move! just stand and count) Do 1 burpee for every blue object you see.

**GRAB A CHAIR OR GO TO YOUR STEPS. DO 25 SIT AND STANDS.**



**HOW OLD ARE YOU? HOW OLD IS YOUR MOM OR DAD? ADD THOSE NUMBERS TOGETHER AND RUN IN PLACE FOR THAT MANY SECONDS.**

**HOP ON 1 FOOT WHILE SAYING YOUR ABC'S IN ORDER THEN SWITCH FEET AND HOP ON YOUR OPPOSITE FOOT AND SAY YOUR ABC'S BACKWARDS!!! KEEP TRYING UNTIL YOU CAN GET THROUGH 10 LETTERS BACKWARDS.**

Get swimming! Lay on your belly and pretend you are swimming in the Olympics! Swim as fast as you can for 1 minute. Move your arms and legs while you swim!

**FIND 5 RED OBJECTS THEN DO 10 PUSH UPS.**

Pretend you are in the jungle. Move like your favorite jungle animal for a 30 count.

**HAVE A FAVORITE SONG? SING YOUR SONG FOR 1 MINUTE WHILE YOU JUMP A PRETEND JUMP ROPE (REMEMBER YOUR ARM MOTIONS TOO!).**

# Fitness Scavenger Hunt Ideas

**SB Merriam**



## **Fitness Scavenger Hunt Ideas:**

The Top Books of the Year Fitness Scavenger Hunt Ideas The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Fitness Scavenger Hunt Ideas : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and thrilling novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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