

Fitness Friday

- ♦ Print out approximately 6 each of right & left hands and feet (24).
 - ♦ Use our template or make your own. Either way make sure to make both right & left hands and feet.
- ♦ Arrange them on a flat surface, alternating hands and feet.
 - ♦ It's best to keep the layout left on left and right on right, crisscrossing hands or feet makes the game more difficult.
- ♦ Use painter's tape to apply them to a flat surface, such as a sidewalk, patio or kitchen floor.
- ♦ Have each family member take a turn and see who can get the furthest before misstepping.
- ♦ Designate a moderator for accuracy.
- ♦ Do you want to make it harder? Time it or crisscross hands!

Hand & Foot templates are available at www.pascoparksandrec.com “Staycation”