

# Healthy Hawks

## Beach Bash

You do not need equipment for the exercises. You will use your body and imagination to complete each activity.

Reps	Description of Exercise or Activity
10	BIKE TO THE BEACH - Put on your helmet; then lay on your back and do 10 bicycle kicks; stand back up; Repeat 10 times
10	SANDCASTLE - Grab your bucket and shovel and pretend to build 10 mini sandcastles. Use your imagination!
10	FISHING POLE - Put some bait on your hook, cast your fishing line, and reel in a big fish; Repeat 10 times
10	BEACH BALL VOLLEY - Strike (you choose how) a beach ball 10 times
10	TIME FOR A SWIM - Pretend your house is Lake Michigan; Walk and swim around: 10 freestyle strokes, 10 backstrokes, 10 butterfly strokes