

YOU'VE BEEN “BURPED!”

Grade 5/6 students at Deseronto Public School, in Deseronto, Ontario, Canada are NOT okay with the lack of physical activity of today's youth. We have created this challenge to promote the importance of a healthy active lifestyle. Visit www.burpitan3.weebly.com for details of the physical activity challenge that awaits you!

You have ONE week to complete (Level 1):

50 “BURPees”

100 Jumping Jacks

3 min of Wall Sits

15 min of Cardio

3 min of Planks

30 Push Ups

After you complete your challenge...

“BURP IT ON!”

***** Is this NOT enough for you? Check out Level 2 - ADVANCED and Level 3 - SUPERSTAR! on our site!**