



15 Days of Fitness!

We will start the 15 Days of Fitness on **Monday, May 4th**. Teachers will award **SUMMER PRIZE RAFFLE TICKETS** for the following:

1. Each day they do the exercise of the day, they will get a ticket.

Students can pick from this list of exercises:

- push-ups (20)
- sit-ups (20)
- jumping jacks (20)
- lunges (10 each side)
- squats (20)

SUMMER FUN PRIZE RAFFLE BIN IS IN THE LOBBY AREA. STUDENTS NEED TO WRITE THEIR NAME AND GRADE ON THE BACK OF THE TICKET AND DROP IT INTO THE BIN.