

Wall Sit



**HOW MANY CAN YOU DO IN
30 SECONDS?**

***TIP: TRY TO COUNT THE
NUMBER OF TIMES YOU TURN
THE "WHEEL"**

WEEK 4 FUNFIT CHALLENGE

#FunFITUAMS

Fruits & Vegetables



**EAT ONE YELLOW FRUIT OR
VEGETABLE THIS WEEK**

***TIP: TRY BANANA AND PEANUT
BUTTER OR BELL PEPPER AND
HUMMUS**

