

#FunFITUAMS

Scissors & Skaters



**THIS WEEK TRY TO
COMPLETE 20 SCISSORS
AND 10 SKATERS
*TIP: TRY TO DO 3 SETS
OF EACH**

Week 9 FunFIT Challenge

Food Groups: Proteins



**THIS WEEK TRY TO EAT A
PROTEIN. *TIP: BEANS,
PEAS, LENTILS, MEAT,
POULTRY, SEAFOOD AND
EGGS**



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