



Let's Move Pittsburgh After School Program: Week Three

Movement Mondays	<u>Physical Activity Checklist</u>
Cooking Tuesdays	<u>Homemade Energy Bars</u>
Earthy Wednesdays	<u>Water Density</u>
Nourished Thursdays	<u>Fueling Your Workouts with Food</u>
Flexible Fridays	<u>Owl Desk Stretches</u>