



LEAF WALK WORKOUT

COLLECT 5-15 LEAVES ON A LEAF WALK AND TALK.
USE THOSE LEAVES TO BUILD YOUR WORKOUT.

COMPLETE 10 OF EACH EXERCISE FOR EACH LEAF.
REPEAT AS MANY TIMES AS YOU WOULD LIKE.



RED= JUMP ROPES



ORANGE= PUMPKIN SQUATS



YELLOW= JUMPING JACK-O-LANTERNS



GREEN= FRANKENSTEIN WALKS



PURPLE= TOE TOUCHES



BROWN= BEAR CRAWL

UPMC HEALTH PLAN

THE HEINZ ENDOWMENTS
Howard Heinz Endowment • Viola L. Heinz Endowment

Let's Move
Pittsburgh

 PHIPPS