

February family fitness challenge

Get the whole family involved

100 jumping jacks each person	get outdoors with a family cycle, scooter, walk or run	run or walk 5k	walk in the rain or snow, splash in puddles, have a snowball fight, dance in the rain
all walk for 2 miles	all walk for 3 miles	go outside and play catch for 20 mins	all plank as long as possible, put you combined times on the group
log a walk or run on Racquets Strava club	do Kat and Sophie's family fun fitness class	make an obstacle course for your family to complete	see who in your family can jump the highest
complete 100 burpees between your family members	kids only - do 1 session of Jason's Saturday morning kids fitness. Adults try a class you haven't done before	everyone in the family 50 squats	everyone in family 100 high knees
have a household disco. Put some music on and dance round the living room together	complete 100 press ups between family members	take a bag on a walk and pick up 10 pieces of litter each (wear gloves and wash hands!)	log a run or walk on Racquets strava club
all try a new food	complete 100 sit ups between family members	throw a ball 50 times to each other without dropping	all do 200 jumping jacks
play an outdoor game as a family such as football, hopscotch or hide and seek	play a card or board game as a family. Winner picks a fitness forfeit for the others (for eg. 20 Burpees)	log a run or walk on Racquets Strava group	complete 200 burpees between all family members



Starts 1st February
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