



FITNESS WEEKEND PACKING LIST

You're determined to keep yourself in motion this weekend, so throw the following 9 items into a bag and hit the ground running - literally. With these items, you'll have everything you need to complete all 9 activities in the "Fitness Weekend" article. Test yourself and see if you can do everything without using a car. Start Friday afternoon and end Sunday evening. You may need a bike to make this happen. Have fun, and keep movin'.

1. Music will help you keep the momentum going. Create an upbeat playlist with a diverse range of tunes.
2. Your attire is key for this weekend. Good shoes are a requirement. So are sweet whisking clothes, such as an athletic tank and leggings. Plus, wear a super supportive sports bra.
3. Have a water bottle and sports drinks on hand.
4. Snacks will be essential for keeping your energy up. Pack some fruit (oranges or bananas are the best), energy bars and trail mix.
5. Clothing for your dance party.
6. Sunscreen and baseball hat or sunglasses.
7. Pedometer (or just use an app on your Apple Watch, phone or Fitbit).
8. Team sports gear (ball, gloves, sticks, etc.)
9. Pack a lunch and be home in time for a healthy, yet hardy dinner.

Bonus Material

Flowers for your garden
VCR and VHS tapes or YouTube and fitness costumes

