



# HEALTHY **BOOOOST**

## HALLOWEEN NIGHT

## SCAVENGER HUNT

Turn physical activity into a festive treat! When you spot these costumes while you trick-or-treat, do the exercise listed.

### PRINCE OR PRINCESS

Stand tall like a royal highness and do 10 calf raises!

### COP, SOLDIER OR FIREFIGHTER

Stop, drop and roll. Then, do 5 push-ups!

### SUPERHERO

Do 10 arm circles in each direction.

### PIRATE

Drop and hold a plank for 30 seconds!

### ATHLETE

Pretend to dribble a basketball or hit a home run for 1 minute.

