

River Crossing (Obstacle Course)



- A fun way to be active with your family is to play games. When it is a game, we are all more likely to focus on the fun, but get the fitness
- Set up a “river” by placing tape on the floor on two sides of a room
- The goal is to cross the river without touching the “water”
- To cross, throw 2 or 3 washcloths onto the floor for “stepping stones”
- You may need to pick up the “stones” to cross, but each member of a team has to cross the river
- You can do it all together, or you can split up into two teams and race to see who can cross the fastest.

- It is recommended that children spend at least an hour of activity every day. It is also recommended that children do not spend more than an hour at a time sitting (watching tv, etc.). Activity is most successful when the entire family is involved

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
