



FREEDOM
FITNESS



BE OUTSIDE



<p>Exercise Food Leadership Reading</p>	K	U	N	A	!	
	I	<p>FAMILY ACTIVITY: Examples: Play Catch, Fly a Kite, Read Outside OR Week 1 of Fast & Fun Activities</p>	<p>WALK BAREFOOT IN GRASS</p>	<p>WALK the GREENBELT between KUNA CITY HALL and PARKS DEPT</p>	<p>FAMILY ACTIVITY: Examples: Fishing, Hiking, Camping OR Week 2 of Fast & Fun Activities</p>	<p>LOOK AT BUGS OR Week 3 of Fast & Fun Activities</p>
	D	<p>FAMILY ACTIVITY: Examples: Swimming, Build a Tree House, Make a Tire Swing OR Week 4 of Fast & Fun Activities</p>	<p>ATTEND A COMMUNITY EVENT Popsicles with the Mayor, Kuna Hometown Fair, Kuna Days OR Week 5 of Fast & Fun Activities</p>	<p>COLLECT ROCKS or OTHER ITEMS</p>	<p>KICK, HIT, or BOUNCE A BALL</p>	<p>FAMILY PICNIC or BBQ OR Week 6 of Fast & Fun Activities</p>
	A	<p>FAMILY ACTIVITY: Examples: Bury a Time Capsule, Make a Bird House OR Rise Above Camp June 5, 9am-10am Bernie Fisher Park!</p>	<p>FAMILY ACTIVITY: Examples: Play "Hide-and-Seek", Photograph Outdoor Things, Bury Treasure & Make a Map</p>	<p>Attend a City or Parks Event Street Hockey Cornhole Ranger Program Movie on the Greenbelt OR Week 7 of Fast & Fun Activities</p>	<p>FAMILY ACTIVITY: Examples: Explore a Park, Play Tag, Play "I Spy" OR Week 8 of Fast & Fun Activities</p>	<p>FAMILY ACTIVITY: Examples: Go on a Nature Walk, Build a Fort, Make Something with Things You Find in Your Yard</p>
	H	<p>WRITE, PAINT, OR DRAW OUTSIDE</p>	<p>PLAY HOPSCOTCH OR OTHER OUTDOOR GAME</p>	<p>FAMILY ACTIVITY: Examples: Play Catch Fly a Kite Read Outside</p>	<p>READ, SING, DANCE, OR PLAY AN INSTRUMENT OUTSIDE OR Week 9 of Fast & Fun Activities</p>	<p>SMELL FLOWERS OR Week 10 of Fast & Fun Activities</p>
	O	<p>FAMILY ACTIVITY: Examples: Look at the Night Sky, Run in Sprinklers, Make a Slip N Slide</p>	<p>LOOK FOR SHAPES IN CLOUDS OR Week 11 of Fast & Fun Activities</p>	<p>FAMILY ACTIVITY: Examples: See How Many Kinds of Plants You Can Find, Plant a Garden, Make a Lemonade Stand</p>	<p>FAMILY ACTIVITY: Examples: Play Spray Bottle Tag, Make S'mores Over a Fire, Look for Animal Tracks</p>	<p>PLANT/PICK A FRUIT, VEGETABLE, OR FLOWER OR Week 12 of Fast & Fun Activities</p>

Starts May 21, 2021
Ends Aug 11, 2021

How to Participate
Bingo cards are available at Kuna City Hall, Parks Dept, Freedom Fitness, or online at KunaCity.ID.gov

BINGOS!
Play **BINGO** by marking off the squares of activities. Bring each **BINGO** (vertical or horizontal or diagonal) into CITY HALL Clerk's Office for a prize!

BLACKOUTS!
Cards Due by Aug. 11, 2021
Bring each blackout card to CITY HALL Clerk's Office to be entered into a drawing for a prize!

All **BLACKOUTS** are invited to Join **Mayor Stear for Lunch in the Park** [and](#) All **BLACKOUTS** are entered into a **GRAND PRIZE** drawing for a chance at winning a:

- ✓ **Bike** from Rise Above
- ✓ **Scooter** from Freedom Fitness
- ✓ **Basketball Hoop** from City/Parks Dept

Questions?
City Clerk's Office
208.387.7726 or stop in to City Hall

BINGO!





FAST & FUN ACTIVITIES

Starts May 21, 2021
Ends Aug 11, 2021

Week 1 and 9

- 3 days – 10 push-ups
- 3 days – 50 jumping jacks
- Compliment 3 people
- Daily – Drink at least 16oz of water

Week 5 and 10

- No Soda
- 3 days – Play an outdoor game for 30 minutes
- Help with chores at home
- Daily – Drink at least 32oz of water

Week 2 and 11

- Daily – 15 minutes of jump roping or skipping
- Read a book (minimum of 50 pages)
- 2 acts of kindness
- Daily – Drink at least 24oz of water

Week 6 and 12

- 3 days – Plan/help prepare a meal w/at least 1 veg.
- 5 days – 10 sit-ups
- Talk to a family member or friend about what it means to be a leader
- Daily – Drink at least 40oz of water

Week 3

- 2 days – Plan/help prepare a meal w/at least 1 veg.
- Watch 1 Freedom Fitness exercise YouTube Video
- No Soda
- Daily – Drink at least 24oz of water

Week 7

- Watch 1 Freedom Fitness exercise YouTube Video
- 7 days – 10 sit-ups
- 5 days – Eat at least 2 servings of veg.
- Daily – Drink at least 40oz of water

Week 4

- Daily – Read for 10 minutes
- 5 days – 50 jumping jacks
- 2 acts of kindness
- Daily – Drink at least 32oz of water

Week 8

- Compliment 3 people
- 3 days – Plan/help prepare a meal w/at least 1 veg.
- Daily – Bike or exercise outside for 30 minutes
- Read a book (minimum of 100 pages)
- Daily – Drink at least 64oz of water



BE ACTIVE

Check out some fun exercise videos by searching "Freedom Fitness Kuna Idaho Fitness Time!" on YouTube!