

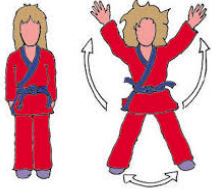



## TV Commercial Challenge - Endurance


Week 1			
Activity	How many or how long	How many days	Instructions
TV Commercial Challenge 	2 times/day	5 days/wk	When you are watching TV, take the commercial challenge. When the ads start get up and start dancing. If you'd like, you can listen to some hip hop music while you're doing jumping jacks, sit-ups, dancing, or just moving around the room (instead of listening to the commercial music). The challenge is to see if you can keep moving for one whole commercial. Don't stop until a different commercial starts.

Week 2			
Activity	How many or how long	How many days	Instructions
TV Commercial Challenge #2 	2 times/day	5 days/wk	When you are watching TV, take Commercial Challenge #2. When the ads start, get up and start moving. You can run around, jog on the spot, do jumping jacks, go up and down stairs, skip, dance or whatever you want as long as you keep moving. The challenge is to see if you can keep moving for <b>two</b> whole commercials. Don't stop until two commercials in a row have ended.

## TV Commercial Challenge - Endurance

Week 3			
Activity	How many or how long	How many days	Instructions
Jumping Jacks 	10 times in a row	Everyday	See if you can do 10 jumping jacks in a row. You can try doing them while music is playing.
TV commercial challenge 	2 times/day	5 days/wk	When you are watching television and the commercials come on, take the one commercial challenge. See if you can dance around for the whole commercial. You can switch up your dance moves or try to be creative. Try to do the challenge for a <b>total of two commercials each day</b> (but not commercials back-to-back, take a rest in between)

Week 4			
Activity	How many or how long	How many days	Instructions
TV Commercial Challenge #3 	1 time/day	5 days/wk	When you are watching TV, take Commercial Challenge #3. When the ads start, get up and start moving. You can skip, dance or whatever you want as long as you keep moving. The challenge is <b>to see if you can keep moving for three whole commercials</b> . Don't stop until three commercials in a row have ended.