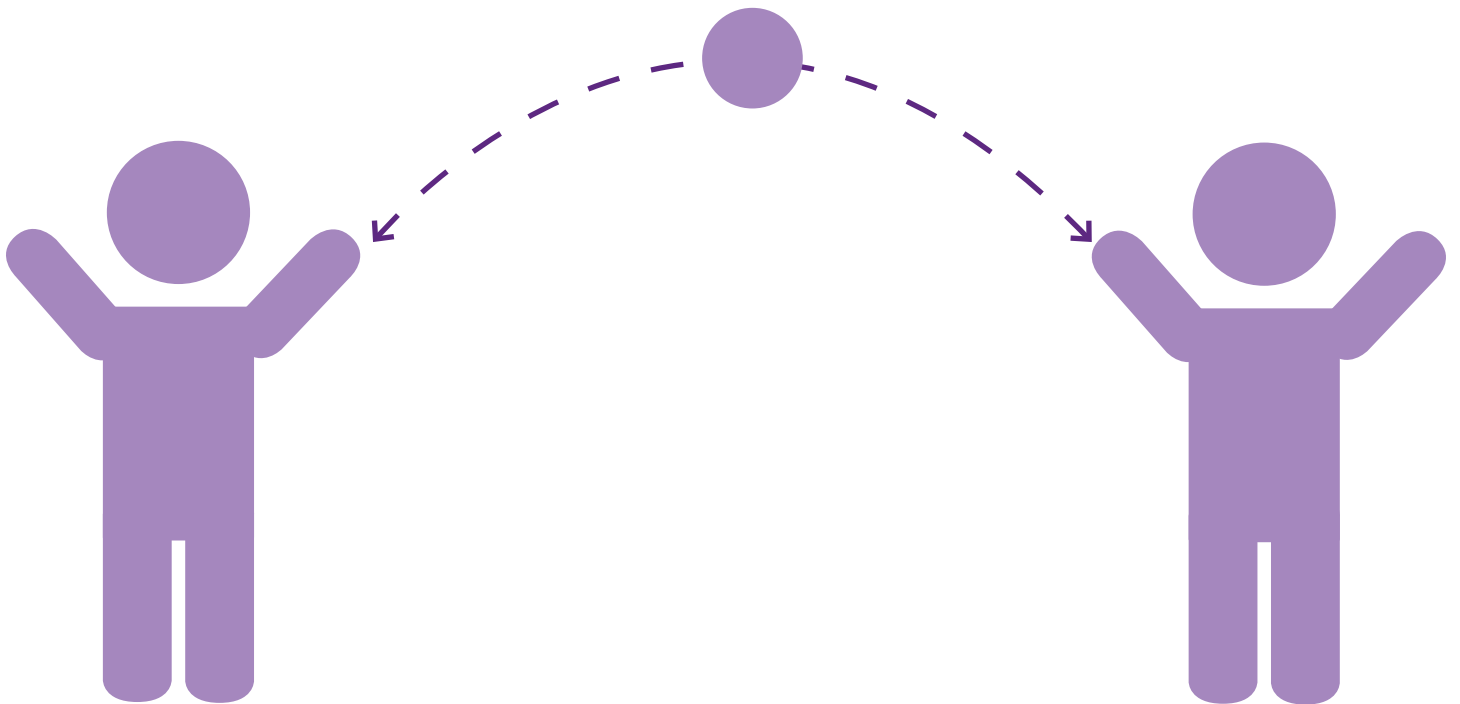


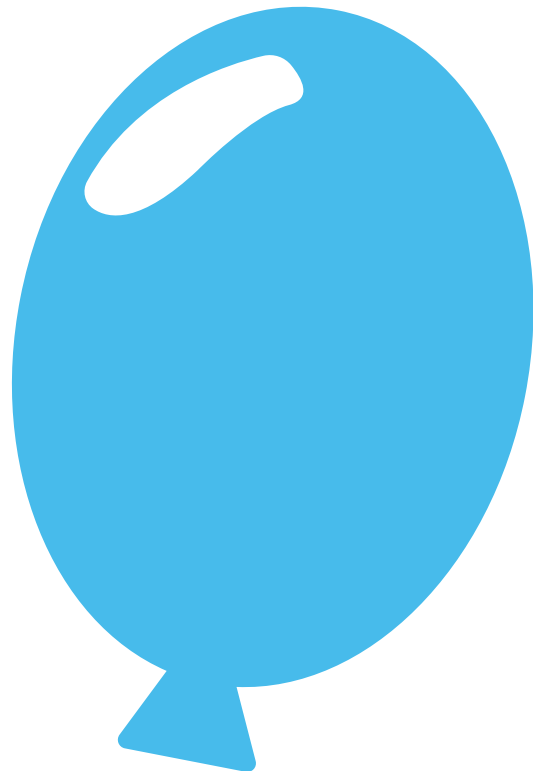
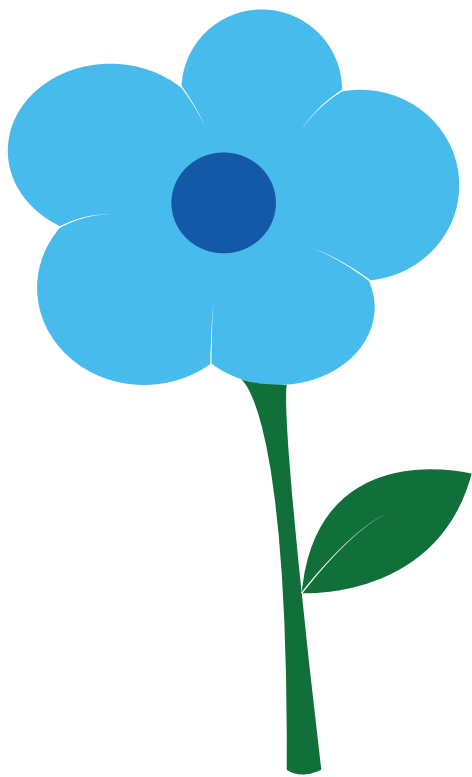
— Purple Station —

Do something with a friend. Play catch, toss a ball back and forth.



Blue Station

Relax! Inhale like you are smelling flowers.
Exhale like you are blowing up a balloon.



Green Station

Stretch. Do a *fitFlow* Yoga flow.



Red Station

Get moving! Jump rope or hop side-to-side over a rope.

