

MARCH MADNESS PHYSICAL ACTIVITY BRACKET

ROUND 1

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NORTHERN NEVADA
Public Health

ACTIVITY LIST IDEAS

Stretches
Lunges
Jumping Jacks
Push-ups
Sit-ups
Pull-ups
Plank
Mountain Climbers
jog-in-place
toe-touches

Basketball
Soccer
Football
Kickball
Baseball
Swimming
Skiing/Snowboarding
Hiking
Running
Lifting
Skating
Walking