Think of a word.

For each letter of the word complete the workout listed.

Example: if your word was care you would complete the following exercises:

C: 10 Twist in Place
A: 5 Jumping Jacks
R: 10 Lunges
E: 5 More Lunges

Try to spell out as many words as you can!

1. Take a picture of your project
2. Visit hhcenter.org/adult-day-program/
3. Click the link for activity submissions
4. Upload the picture
HOW MANY WORDS CAN YOU SPELL?
START WITH: TRANSFORM, CONNECT, AND CARE

A: 5 JUMPING JACKS
B: 5 CRUNCHES
C: 10 TWIST IN PLACE
D: 10 ARM CIRCLES
E: 5 LUNGES
F: 10 ARM CURLS
G: 5 SIT UPS
H: 15 SECONDS RUN IN PLACE
I: TOE RAISES
J: 3 PUSH UPS
K: 3 SQUATS
L: 10 ARM RAISES
M: 15 SECONDS MARCH IN PLACE
N: 10 JUMPING JACKS
O: 10 CRUNCHES
P: 20 TWIST IN PLACE
Q: 20 ARM CIRCLES
R: 10 LUNGES
S: 20 ARM CURLS
T: 15 SIT UPS
U: 30 RUN IN PLACE
V: TOE RAISES
W: 5 PUSH UPS
X: 5 SQUATS
Y: 20 ARM RAISES
Z: 30 SECONDS MARCH IN PLACE