



REMEMBER

8^{AND} OLDER

SEPTEMBER 2022

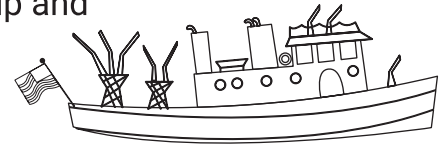
Color in the fireboat when you complete a task.

WORKOUT A "STAIR RUCK"

Find a set of stairs and walk up and down for 15-30 minutes,

OR

Do a "9/11 Heroes Run" (see challenge section for more info).



BOOK

- **Towers Falling**
By: Jewel Parker Rhodes

WORKOUT B "UP AND DOWN" EMOM for 4-8 minutes*:

- Min 1: Lunges in place :30 secs + 1 side roll (then rest)
- Min 2: Sit-ups :30 secs + 2 side rolls (then rest)
- Min 3: Ruck high pull :30 secs + 3 side rolls (then rest)
- Min 4: 4 side rolls + hold downward dog for the rest of the min**

*Grown-ups must keep track of seconds, movements, etc. Tell the kids what they are doing and when to switch/rest.

**Older children repeat all 4 minutes a second time.

CHALLENGE

- Everyone has a hero who they look up to and want to emulate. Encourage the children in your life to talk about their heroes and why they respect them. Then, help the children in your life write a letter to, or draw a picture for, their heroes. This person can be anyone! Help them create a nice card or picture or something else to show that person they love them.

AND (if possible!)

If the children in your life (and you) would like to ruck a 5K in remembrance of 9/11, check out this list of the "9/11 Heroes Run" races being put on by the Travis Manion Foundation in the United States during the month of September.