

Big Brothers Big Sisters of Yorkton & Area

Fitness Friday

May 14, 2021



How about making a fun and easy obstacle course in your backyard this weekend?

Or you can spend the summer building an epic, complex obstacle course.

These pictures are a few ideas of what you can do. Google has tons of ideas of items to use that are free or cost very little money at the dollar store.

Remember to always check with your parents first and ask them to help you.

Things you can use:

Pool noodles, hoola hoops, string, ladder, wooden pegs, logs, pylons, wooden blocks, pails, etc.



Don't forget about the **50 Day Fitness Challenge** happening now.

Head on over to the Facebook Group for full info and to join:

<https://www.facebook.com/groups/bbbs50dayfitnesschallenge/>.

All participants will be entered in a draw for an opportunity to win some awesome **prizes**. Challenge ends May 27, but entries accepted until May 31.

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