

Get 60!

School presidential fitness tests are coming to measure your child's fitness.


Help Your Kids

Get 60 Exercise Minutes a Day!

15 minutes 4 times a day, or 30 minutes twice a day – It adds up

It's Easy. And It's Free.

- **Join the FREE After School Fitness sessions (for 3rd - 5th graders)**
Central Elementary
Tues. and Thurs. • 3:30-4 p.m.
- **Use Onawa Public Library**
Gamer Equipment
Tuesdays 3:30-4:15 p.m.
Gamer night 2nd Saturday of month 5-6:30 p.m. or Schedule game room
- **Use Community Center**
Gamer Equipment
7 days a week



Walk in Burgess Hallways
Weekdays 3:30-8 p.m.
(Adult needs to come along.)

Anytime Home Activities
Play Twister • Dance
Play Balloon Volleyball • Ride a bike
Walk to Store • Throw a Ball
Go Sledding • Play Basketball
Walk/Run Around the Block