

SOMETHING ACTIVE: DIY OBSTACLE COURSE

Want to get moving but not sure what to do. We've got you covered. Create your own in home or backyard obstacle course. Use things you have in your house like tape, jump ropes, streamers, balls, and more to make windy paths, crawling areas, and things to jump over and run around. You can use pillows, couch cushions, chairs, anything you can think of. We would love to see what you come up with with your creativity! Tag us on social media or email videos to jccampchi@gmail.com.