

# Betcha Can't!

Taking a break is important.  
Take a break with a Betcha Can't.

We bet you can't!

Pick three cards and do the activities on them.  
Do this whenever you take a break.

Fold this page in half and staple or tape the edges to make an envelope to store your BetchaCants



Do 10 Jumping Jacks



Do 10 Sit Ups



Do 10 Burpees



Jog in place for a count of 20



Do 10 push ups



Do 10 lunges



Do 3 hamstring stretches on each side for a count of 5



Do 3 triceps stretches on each side for a count of 5



Do 5 lateral flexion stretches on each side for a count of three



Do 3 quadriceps stretches on each side for a count of 5

