

THE BULLDOG CHALLENGE

NOVEMBER



MOVIN' MONDAY ACTIVITY:

This month's Movin' Monday activity will be a Hula Hoop class by Karen Marzec from BellaFit in Brookfield. Karen is a Riverside Brookfield High School graduate. She will be opening a fitness studio in downtown Riverside in January. This will be lots of fun!!

MOVIN' MONDAY FOOD RECIPE

This month's food recipe is "Ants on a Log". **Wash and cut celery stalks, fill them with light cream cheese, and top with raisins!**

GOAL IDEAS

1. Walk to school at least 4 days a week.
2. Eat a vegetable every day.
3. Try a new sport or fitness activity.

BONUS POINTS

1. Track a bonus point each time you exercise with a parent, guardian, sibling or friend.
2. Rake leaves, make a pile and jump over it!!