

Hi from COACH KUYPER!!

As we all navigate these next weeks, it is very important to get outside and exercise. We need the fresh air, the sun (or snow) on our faces, and the movement of our bodies to be healthy and refreshed. I have shared with you two of my favorite “close and easy” hikes that the whole family can do. Always bring water and a light snack on a hike! In addition, due to the muddy, snowy, slushy conditions, good traction shoes are important. Yaktrax are great! Also, keep extra socks and dry shoes in the car!

Have your kiddos tell me if you make it to either of these hikes! In addition, Fox Run Park, Black Forest Section 16 and even Cottonwood Park Trail are easy, fun, hikes to enjoy for an afternoon!



Stay healthy and keep moving! Now, if staying inside is your thing, the kids and I have done Just Dance for Kids on YOU TUBE:

Despicable Me: https://www.youtube.com/watch?v=Jf_dEcgeJWo

Gummy Bear Song: <https://www.youtube.com/watch?v=6Q7-tzCCh3w>

Watch me Whip: <https://www.youtube.com/watch?v=bMZAuhadz2Y>

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