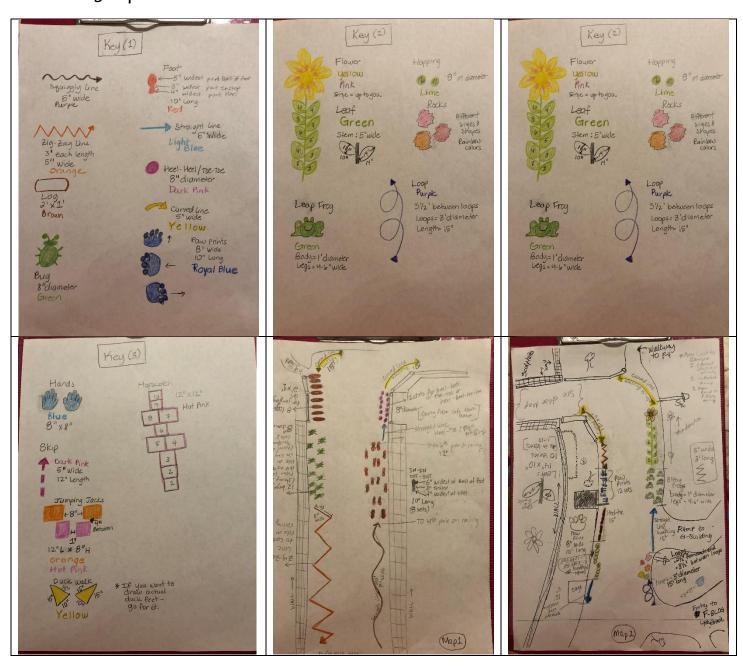
## Fitness Pathways

Use the idea here to give you inspiration to create your own Fitness Pathway.

You can use chalk (or tape) on your driveway, sidewalk, or lanai (please remember it is <u>NOT</u> safe to do it on the street with traveling vehicles).

<u>Hints:</u> try to use different type of skills, and be sure to give yourself enough space.





© Kelly E Duell, M.A., NBCT

