30-SECOND JUMP ROUTINE

• We’re going to do 3 types of Jumping Jacks: Normal Jumps, Mummy Jumps, and You-Jumps.
• Watch the clock and jump for 30 seconds, and then rest for 15 seconds.
• Pick 1 type of jumping jack and jump for the full 30 seconds. Then rest.
• While you rest, pick a new type of jumping jack. After 15 seconds of rest, jump again.

EMPOWERMENT: The process of becoming stronger and more confident, especially in controlling one’s life and claiming one’s rights.

Serra understood that her empowerment would help her entire family build healthy habits.