

# STRENGTH CHALLENGE

Watch this activity demo on  YouTube 

## The Goal:

Perform 1 minute of a strength exercise to become physically and mentally strong. Being strong means you can be positive during hard times, and stand up for others when they need it the most

## What You Need:

St. Jude Heroes Jr. video ([link here](#)), a safe place to move and be active

## How To Play:

- Watch the [St. Jude Heroes Jr. video](#) and hear Mason's story.
- Choose 1 of 3 strength exercises (Push-Ups, Power Squats, or Crab Walk).
- Perform your exercise while you follow along to the 1-minute timer in the video.
- When finished, Mark the St. Jude Strength Challenge complete on your scorecard.

**St. Jude**  
Heroes Jr.



in support of

