STRENGTH CHALLENGE

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.