

H.Y.P.E. BREAKS

Watch this activity demo on  YouTube 

The Goal:

To complete 1 or more Fit 4 FitnessGram H.Y.P.E. Breaks – by Hip Hop Public Health.

What You Need:

Get 60: Fit 4 FitnessGram H.Y.P.E. Breaks [YouTube Playlist](#)

How To Play:

- H.Y.P.E. stands for “Help Young People Energize.”
- Perform 1 H.Y.P.E. Break for a bronze medal performance.
- Perform 2 H.Y.P.E. Breaks for a silver medal performance.
- Perform 3 or 4 H.Y.P.E. Breaks for a gold medal performance!



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