



ENERGY BURN

Wheel of Fitness

- Paper plate
- Markers or crayons
- Bracket, button (with holes), or bread twist tie
- Ruler
- Cereal Box
- Pencil
- Scissors

Instructions:

1. Get paper plate and use pencil or marker with ruler to divide the plate into sections for the amount of exercised desired.
2. Get cereal box and draw an arrow then cut it out, this will be used as the spinner.
3. Design your wheel (paper plate) as desired, labeling each section with a different exercise.
4. Take your arrow and use bracket to punch a hole through the arrow.
5. Lastly, take the arrow and punch a hole through the center of the paper plate. This is now your spinner. Time to play Wheel of Fitness!!

