

July's Tip of the Month

National Anti Boredom Month

Activities When You Are Bored At The Pool

1. Run
Have everyone run in the same direction around the pool to create a whirlpool
2. Have a relay race
Use different objects like watermelons and have children push them across the pool to the next teammate who will push the object back
3. Dance
Create a synchronized dance with your friends in the water



Activities When You Are Bored at the BBQ

1. Kickball
Make teams and hold a tournament
2. 3 legged race
Create teams of 2 and using a bandana tie together the partners
3. Create a scavenger hunt
Make a list and have guests search for certain objects



Exercises For When You are Bored in the Vacation Hotel Room

1. Wall push ups or use the desks to do push ups x 10
2. Jumping Jacks for 1 minute
3. Tricep Dips using the Desk x 10
4. Bicycle Crunches x 25
5. Mountain Climbers for 1 minute
6. Squats for 1 minute



Repeat the circuit 3 times