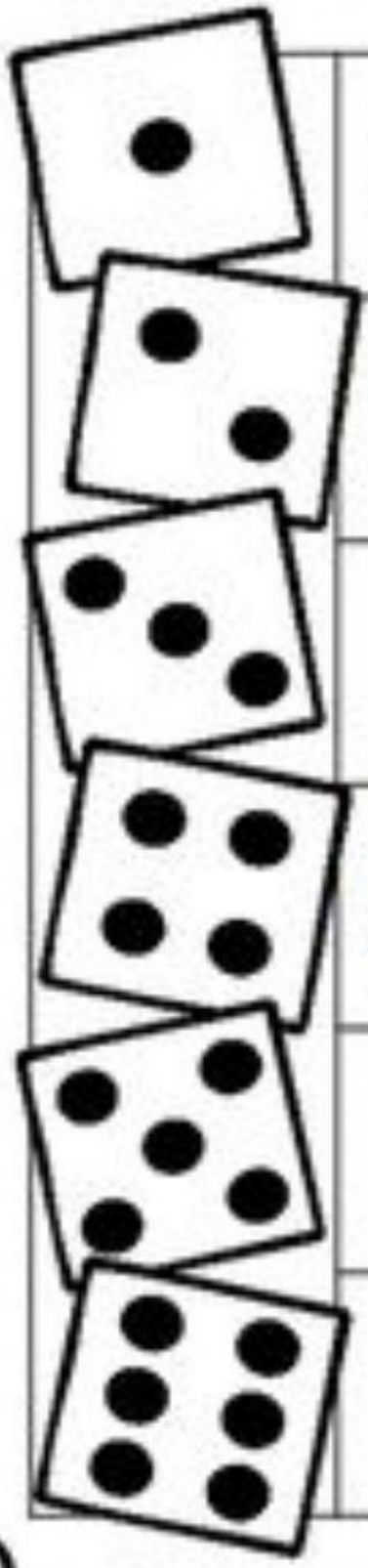
Roll a Task: Brain Break



20 Jumping Jacks





15 Sit-Ups

Hop on one foot





10 Push-Ups

Touch your toes

(hold 15 seconds)





Run in place