

# St. Kitts

CARIBBEAN WELLNESS DAY



## Health & Fitness Rally

**Date:** 16<sup>th</sup> September, 2015

**Venue:** Verchild's playing field

### Activities

#### Competitions/Challenges:

- The farmers walk with dumbbells
- Squat competition
- Bench press competition
- Dead lift competition
- Pull up and push up challenge
- Sprint relays and long distance relays
- Football, netball and basketball games
- Spinning bikes and obstacle course (Not sure yet)

#### Other events/stations:

- Aerobics session
- Medical checks (Blood pressure et al)
- Hygiene and personal care
- Healthy food bar – healthier substitutes; taste test for ingredients
- A juice bar
- Bouncing castles and trampolines