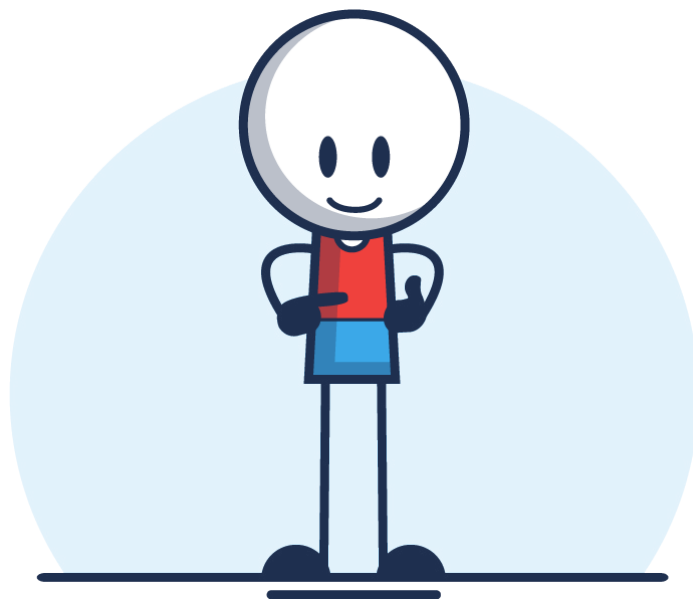


Thumb Challenge



Energy: Low
Equipment: None
Duration: 1 minute

Try this thumb-pointing challenge to give your brain a break.

With one hand, make a fist and give a 'thumbs up' sign. With your other hand, keep your thumb tucked in and point your pointer finger directly at the raised thumb.

Next, 'switch' by reversing your hands' positions, with the opposite hand now pointing at the opposite raised thumb. Alternate between these positions as quickly as possible!



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