

# Work Out Like a Celtic!

## CELTICS PRIDE CHALLENGE

### **Paul Pierce says it's time to get up, get out and get fit!**

Work out while you watch your favorite game, and of course your favorite team, the Boston Celtics! Instead of just watching the Celtics dunk, sink a three pointer or make a foul shot, get up off the couch and exercise with your favorite players! Just follow these simple guidelines:

#### **Every time the Celtics:**

- 🕒 Dunk, do 5 jumping jacks
- 🕒 Make a foul shot, do 5 squats
- 🕒 Make a layup, do 5 lunges
- 🕒 Make a three-pointer, do 5 leg lifts
- 🕒 Rebound, do 5 push ups
- 🕒 Have an assist, do 5 sit ups

*Make sure to visit [TruthonHealth.org](http://TruthonHealth.org) to find out easy and fun ways to get fit while watching other sporting events like a Red Sox game or a soccer game! And if you aren't a member already, join FitClub34 from Harvard Pilgrim now!*



# CELTICS PRIDE CHALLENGE

Workout While You Watch Your Favorite Team Win!

Keep track of how many sets you complete in the space provided.

For example, every time the Celtics dunk, do 5 jumping jacks and put an "X" in the box below.

Visit [TruthonHealth.org](http://TruthonHealth.org) to find out even more exercises you can do during other sporting events like baseball and soccer games!

Dunk	Foul Shot	Layup	Three-Pointer	Rebound	Assist
DO 5 JUMPING JACKS	DO 5 SQUATS	DO 5 LUNGES	DO 5 LEG LIFTS	DO 5 PUSHUPS	DO 5 SIT-UPS

**What a great way to get in shape while watching your favorite team play!**

Don't forget to checkout [TruthonHealth.org](http://TruthonHealth.org) for more ways to stay fit and be healthy.



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