

# May The Fitness Be With You

## Overview

Grab your lightsaber, begin the rigorous and fun training to become a Jedi Master, and dedicate yourself to acts of citizenship and volunteerism.

*"Remember...the Force will be with you, always." - Obi Wan Kenobi*



## Become a Jedi Master

Want to be a Jedi master? As a Padawan (also known as a Jedi youngling), you'll need to learn Force techniques and complete missions with your Master. Prepare for your first mission now!

### Step 1: Grab Your Lightsaber

- Materials: Thin pool noodles, black and silver duct tape, and scissors.
- Instructions: Cut the noodle in half. Using the bottom 4-5 inches of the noodle, use the silver tape to cover the noodle. Then, add in the black duct tape to create a handle pattern of your choice.
- Now, you're ready for the activities!

### Step 2: Choose Your Mission