

# Water Bottle Weights

You don't need to go out and buy weights for muscle-strengthening exercises. You can use common household items, such as bags of rice, soup cans, or socks filled with dried beans. These water bottle weights are also a low-cost option!

## Materials

- Empty water bottles
- Kitty litter, sand, or water
- Funnel (if using kitty litter or sand)
- Colored duct tape
- Stickers



## Instructions

1. Remove the lid from the water bottle and place the funnel over the opening.
2. Scoop kitty litter or sand into the funnel until the bottle is filled. You can also fill the bottle with water.
3. Remove the funnel and securely place the lid back on the bottle.
4. Decorate the water bottles using colored duct tape and stickers.
5. Use for practicing your favorite weight lifting activities.

**Learn more about the NC Summer Nutrition Program & find more enrichment activities at [SummerMeals4NCKids.org](https://www.SummerMeals4NCKids.org)!**

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