

what's *fit activity* for kids **your name!**

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

THE PYRAMID WORKOUT

...FOR KIDS!

- 
- 20** Jumping Jacks
 - 15** Frog Jumps
 - 10** Push-Ups
 - 5** Walking Lunges
 - 10** Push-Ups
 - 15** Frog Jumps
 - 20** Jumping Jacks

ROLL OF THE DICE WORKOUT

Want a different workout every time?

Just roll the dice!

All you need is 2 dice and some room to workout*.

Each workout should include at least 10 dice rolls, but you can do more based upon your fitness level.

The sum of the 2 dice determines the activity you do.

- ROLL a 2 - 200 jumping jacks
- ROLL a 3 - 30 lunges (15 each side)
- ROLL a 4 - 30 high knees (15 each side)
- ROLL a 5 - 15 pushups
- ROLL a 6 - 25 crunches
- ROLL a 7 - 30 squats
- ROLL an 8 - 40 mountain climbers (20 each side)
- ROLL a 9 - 40 skaters (20 each side)
- ROLL a 10 - 100 jump ropes (no rope)
- ROLL an 11 - 30 butt kicks (15 each side)
- ROLL a 12 - 15 burpees



*Consult a physician before starting any exercise program

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FLIP A COIN WORKOUT

@workouts_daily

	Heads:	Tails:
1st time	15 jump squats	25 calf raises
2nd time	:60 jog in place	25 jumping jacks
3rd time	20 kneeling pushups	10 pushups
4th time	20 jumping jacks	:50 jog in place
5th time	40 high knees	40 jumping jacks
6th time	35 crunches	20 sit-ups
7th time	10 pushups	20 kneeling pushup:
8th time	:60 jog in place	25 jumping jacks
9th time	50 crunches	20 sit-ups

PLAYING CARD FITNESS

A - 35 JUMPING JACKS

K - 4 BURPEES

Q - 23 LINE JUMPS

J - JOG/WALK 3 LAPS

10 - SQUATS

9 - CURL UPS

8 - 12 LUNGES

7 - HEEL RAISES

6 - BUPEES

5 - PLANK FOR 21 SECONDS!

4 - 7 REVERSE LUNGES

3 - MOUNTAIN CLIMBERS

2 - 4 PUSH UPS





TABATA



1. PUSH-UPS



10 SEC REST

20 SEC MOVE

2. SKIER JUMPS



10 SEC REST

20 SEC MOVE

3. ALT. LEG KICKS



10 SEC REST

20 SEC MOVE

4. BURPEES



10 SEC REST

20 SEC MOVE

5. SQUATS



10 SEC REST

20 SEC MOVE

6. JOG IN PLACE



10 SEC REST

20 SEC MOVE

6

HIGH INTENSITY INTERVAL TRAINING

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UNO Workout

Yellow: Jumping jacks

Green: Squats

Red: 30 second Planks


























Blue: push ups

**Action cards: 10 of your
choice**





the ABCs of YOGA for KIDS

 A Airplane	 B Butterfly	 C Cobra	 D Dog	 E Easy Pose
 F Frog	 G Grasshopper	 H Happy Baby	 I Inhale	 J Jack-in-the-Box
 K Kite	 L Lion	 M Mouse	 N New Pose	 O Otter
 P Peacock	 Q Queen	 R Rag Doll	 S Swan	 T Triangle
 U Unicorn	 V Volcano	 W Waterfall	 X Y	 Z Zero

Healthy Living: Yoga for Kids

Tree



Warrior



Rag Doll



Triangle



Half Moon



Dancer



Frog



Plank



Cobra



Down Dog



Camel



Childs Pose



Arrow



Bridge



Birthday Candle



Plow



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BACK YARD

SCAVENGER HUNT



ant



brown leaf



butterfly



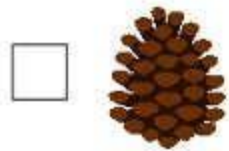
clover



cloud



purple flower



pinecone



ladybug



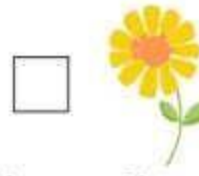
bird



grass



green leaf



yellow flower



feather



rock



sticks

N  **NICE!**

BALLOON STRIKING

<p>1 POOL NOODLE IN LEFT HAND TAP BALLOON UP</p>  <p>25 Times</p>	<p>2 POOL NOODLE IN RIGHT HAND TAP BALLOON UP</p>  <p>25 Times</p>
<p>3 2 HANDS ON OUTSIDE TAP BALLOON UP USING MIDDLE AREA</p>  <p>25 Times</p>	<p>4 HANDS IN MIDDLE TAP BALLOON UP USING EITHER END</p>  <p>25 Times</p>
<p>5 SIT DOWN TAP BALLOON UP WHILE SITTING</p>  <p>20 Times</p>	<p>6 LAY DOWN TAP BALLOON UP WHILE ON BACK</p>  <p>20 Times</p>

P E S K I L L S **P O O L N O O D L E T A P**

SUPER CHALLENGES P.A.S.

BEANBAG CHALLENGES

 <p>2, 3, OR 4 CLAPS</p>	<p>TOSS UP "CLAP" CATCH</p> <p>10 Times</p>	<p>BEANBAG ON TOES KICK UP CATCH</p> <p>12 Times</p> 
	<p>TOSS UP CATCH ON FLAT BACK</p> <p>6 Times</p>	<p>TOSS UP FROM BEHIND BACK CATCH</p> <p>10 Times</p> 
	<p>BEANBAG BETWEEN FEET JUMP UP RELEASE BEANBAG CATCH</p> <p>12 Times</p>	<p>TOSS UP CATCH BEHIND BACK</p> <p>10 Times</p> 

SUPER CHALLENGES

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Jump Rope Skill Sheets

SKILL	INSTRUCTIONS	TIPS	CUES
1. Long Jump 	<ul style="list-style-type: none"> Stand at end of rope Jump as far as possible down the rope- measure Repeat and try to go farther- 5 jumps 	<ul style="list-style-type: none"> Squat low Explode up and forward Mark jump on rope where heels landed 	STAND SQUAT JUMP
2. 2 Foot Jump 	<ul style="list-style-type: none"> Stand at end of rope Jump side-to-side (2 feet) down the rope Repeat 10 times 	<ul style="list-style-type: none"> Stay on balls of feet Try not to touch rope Skier motion 	JUMP JUMP JUMP
3. 1 Foot Hop 	<ul style="list-style-type: none"> Stand at end of rope Hop side-to-side (1 foot) down the rope Repeat 10 times 	<ul style="list-style-type: none"> Stay on balls of feet Try not to touch rope Keep balanced 	HOP HOP HOP
4. Criss-Cross 	<ul style="list-style-type: none"> Stand at end of rope Jump and cross then uncross legs down the rope Repeat 10 times 	<ul style="list-style-type: none"> Stay on balls of feet Try not to touch rope Cross-uncross, cross-uncross 	JUMP CROSS JUMP CROSS
5. 1/2 Turn Over 	<ul style="list-style-type: none"> Stand at end of rope Jump and turn half way around (each jump) down the rope Repeat 10 times 	<ul style="list-style-type: none"> Stay on balls of feet Try not to touch rope Do not go too fast 	JUMP TURN JUMP TURN

Level 1- Rope on Ground

Top 10 Cardiovascular Endurance Exercises

 CRISSCROSS JUMPS	 FROG JUMPS
 SUPERBALL BOUNCE	 BOXER BOUNCES
 RUN IN PLACE	
 High Knee March	 JUMP ROPE
 Scissor Steps	 MOUNTAIN CLIMBERS
 JUMPING JACKS	

SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

Shake your whole body.

Jump up and down.

Spin around in circles.

Do a cartwheel.

Do a somersault.

Wave your arms above your head.

Walk like a bear on all 4s.

Walk like a crab.

Hop like a frog.

Walk on your knees.

Lay on your back & pedal your legs in the air like you are on a bike.

Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.

Hold your arms out at your side and make circles with them in the air.

Hop on your left foot 10 times.

Hop on your right foot 10 times.

Hop around like a bunny.

Balance on your left foot for a count of 10.

Balance on your right foot for a count of 10.

Bend down and touch your toes 10 times.

Reach behind you and try and hold your right foot with your left hand without falling over.

Show off the muscles in your arms.

Reach behind you and try and hold your left foot with your right hand without falling over.

Lay on the floor and stretch out as far you can for 10 a count of 10.

Pretend to shoot a basketball 10 times.

Pretend to jump rope for a count of 10.

Pretend to ride a horse.

Pretend to milk a cow.

Take 5 of the biggest steps forward that you can.

Pretend to lift a car.

Do the strangest dance you can think of.

Scream.



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25 ways to

Exercise with Kids

Mom runs while **KIDS RUN** or bike ride along side
Swim Laps at the **POOL**
CIRCUIT workout in house, driveway, or backyard
Family **BIKE RIDE** (I pull my youngest in trailer behind)
High school or middle school track and do **BLEACHER RUNS**
RUN AROUND THE TRACK at a school (little ones likely play in middle field)
Backyard **SOCCER** or kickball
WHEELBARROW races (we have one, borrow another)
Relay races (frog jumps, crab walk, **WHEELBARROW**, etc),
Shoot **HOOPS** on the driveway
HOPSCOTCH at the elementary school or chalk on driveway
Freeze tag, when you are **FROZEN**, jog in place
HIKING on a trail
Sprints up and down your street
Jump rope and **JUMPING JACKS** alternate
DANCE party
Practice **TENNIS** moves
YOGA (Cosmic Kids and Yoga Kids were recommended)
TRAMPOLINE tricks
Along sidewalks, **SKIP AND SPEED WALK** alternate
Hopping backwards
create an **OBSTACLE COURSE** in backyard
FAMILY WALK to the store or along a trail
JUST DANCE on the Wii
ROLLER SKATE in the neighborhood or at a rink



20 MINUTE WINTER WORKOUT

<input type="checkbox"/>	60 seconds: sprints up and down a flight of stairs, two steps at a time if you can.
<input type="checkbox"/>	60 seconds: High knees (like a fast, bouncy, knees-up-to-chest march-in-place).
<input type="checkbox"/>	60 seconds: Simulated jump rope.
<input type="checkbox"/>	40 seconds: Squats, then a 20-second rest.
<input type="checkbox"/>	40 seconds: Jumping jacks, followed by 20-second rest.
<input type="checkbox"/>	40 seconds: Push-ups, followed by 20-second rest.
<input type="checkbox"/>	40 seconds: Split squats (one foot in front of the other), 20 seconds each side; 20-second rest.
<input type="checkbox"/>	40 seconds: Mountain climbers, followed by a 20-second rest.
<input type="checkbox"/>	2 minutes: Rest.
<input type="checkbox"/>	60 seconds: Sprints up and down a flight of stairs, two steps at a time if you can.
<input type="checkbox"/>	60 seconds: High knees (like a fast, bouncy, knees-up-to-chest march-in-place).
<input type="checkbox"/>	60 seconds: Simulated jump rope.
<input type="checkbox"/>	40 seconds: Squats, then a 20-second rest.
<input type="checkbox"/>	40 seconds: Jumping jacks, followed by 20-second rest.
<input type="checkbox"/>	40 seconds: Push-ups, followed by 20-second rest.
<input type="checkbox"/>	40 seconds: Split squats (one foot in front of the other), 20 seconds each side; 20-second rest.
<input type="checkbox"/>	40 seconds: Mountain climbers, followed by a 20-second rest.

Workout from [MarieClaire](http://bit.ly/1TV8AMW). As with any workout, see a physician before beginning an exercise program.

Daily Fitness Challenge for Kids



A: 10 Jumping Jacks	N: 4 Lunges
B: 30 Second Plank	O: 3 Burpees
C: Crab Walk	P: 10 Second Butterfly
D: 10 Push Ups	Q: Run in Place 1 Min
E: 10 Sit Ups	R: 7 Jumping Jacks
F: 5 Cartwheels	S: 4 Leg Kicks
G: Headstand	T: 5 Sit Ups
H: 4 Somersaults	U: 15 Second Plank
I: Duck Walk	V: 3 Cartwheels
J: Jump In Air 5 Times	W: Crab Walk
K: Touch Toes 6 Times	X: 2 Somersaults
L: Spin Around 3 Times	Y: 5 Lunges
M: 10 Leg Kicks	Z: Duck Walk

Spell each day of the week for a daily workout!

