



EXERCISE ACTIVITIES TO DO AT HOME

1

GO OUTSIDE AND RUN AROUND THE BLOCK

Grab Mom/Dad or an older sibling to take you for a little run. It will feel good to get some fresh air & maybe even sweat a little.

2

JUMPING JACKS, PUSH UPS, BURPEES

Make up your own work-out to include various activities that you can do in place. This will build strength and make you a stronger runner!

3

RUN UP AND DOWN THE STAIRS

This will definitely get your heart pumping, and it can even be fun. Try a relay with siblings or Mom and Dad!

4

PLAY SIMON SAYS

It's a great game to play and there is opportunity to be creative. Think of funny movements and have your family repeat them!