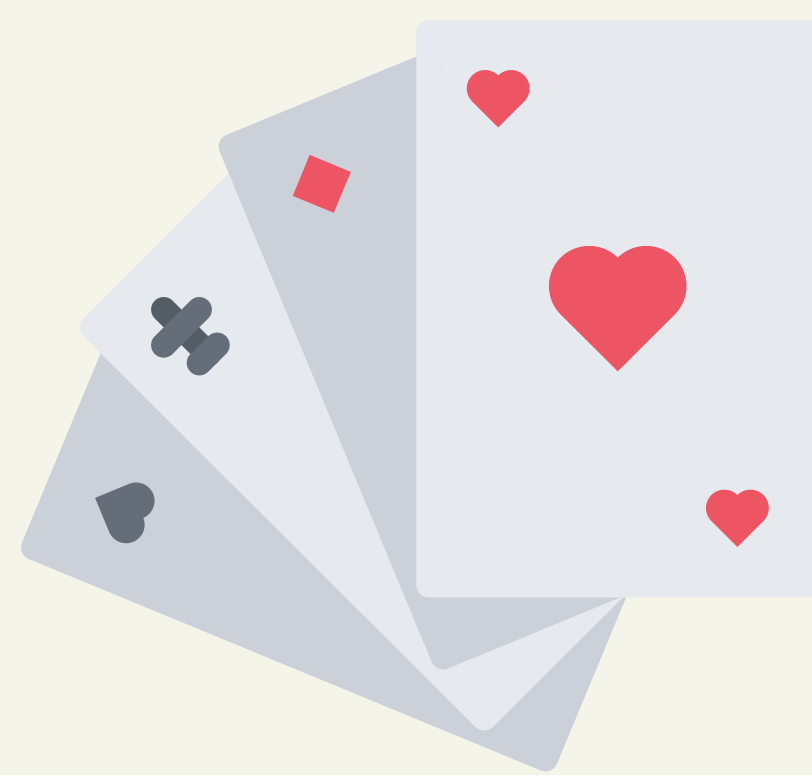


FUN AND EASY EXERCISES FOR KIDS

OBSTACLE COURSE



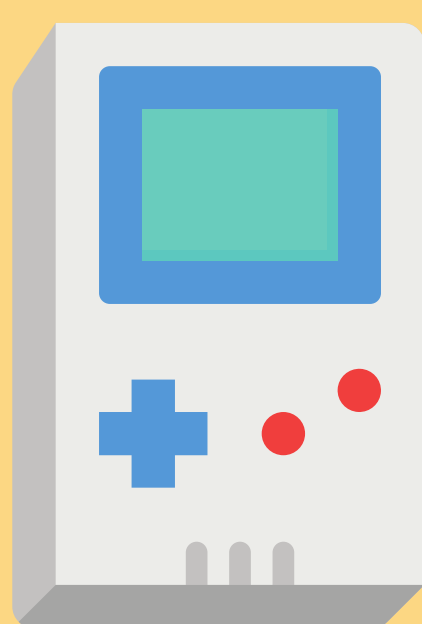
Set it up inside or outside with what you have around the house. Challenge your child's skill level. Get them to run, jump, or crawl. You can have them jump from pillow to pillow or walk across a jump rope like a balance beam. Don't be afraid to get creative with this one!



FITNESS CARDS

Grab a deck of cards. Each suit will be a different movement: Hearts = jumping jacks, Spades = mountain climbers, Clubs = squat, Diamonds = push-ups. Draw a card, and complete that number for reps of the specified movement. To mix it up let your kids decide the movement that is associated with each suit!

MOVEMENT-BASED VIDEO GAMES



You don't have to be seated to have fun playing video games. There are tons of games out there where you can have fun and break a sweat! Games like Dance Dance Revolution or Pokemon Go are great examples of this.



DANCE PARTY

What's more fun than letting loose and dancing. Turn on the music and bust a move with your kids! Not only is it a great way to get moving as a family, but it's fun and allows your children to express themselves and show off their creativity.

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