Hi everyone! Back with another week of new ideas to get moving both physically and mentally. Feeling like you need a moment to stretch your legs and get your heart pumping? Try some of these! Below are exercises to try on your own, or guided YouTube videos!

Warm Up

Daily **Fitness Challenge** for Kids

A: 10 Jumping Jacks
B: 30 Second Plank
C: Crab Walk
D: 10 Push Ups
E: 10 Sit Ups
F: 5 Cartwheels
G: Headstand
H: 4 Somersaults
I: Duck Walk
J: Jump in Air 5 Times
K: Touch Toes 6 Times
L: Spin Around 3 Times
M: 10 Leg Kicks

N: 4 Lunges
O: 3 Burpees
P: 10 Second Butterfly
Q: Run in Place 1 Min
R: 7 Jumping Jacks
S: 4 Leg Kicks
T: 5 Sit Ups
U: 15 Second Plank
V: 3 Cartwheels
W: Crab Walk
X: 2 Somersaults
Y: 5 Lunges
Z: Duck Walk

Spell out your name! Each letter coordinates with an activity.

Fun Exercises to Try on Your Own

SIMON SAYS (EXTREME): Make classis Simon Says into a fitness activity. "Simon Says touch your toes ten times." "Simon Says do ten jumping jacks." Have the whole family do it for a fun family fitness time!

Meditate: Meditation helps kids and parents "unplug" from the stressors of life. It helps to calm anxieties, promotes emotional health, and can even help manage physical ailments. You can find any guided meditation on YouTube or simply sit in a quiet room and close your eyes for fifteen minutes. Here is a link to a great one for kids: https://www.youtube.com/watch?v=0ht3eE9FGm0&t=38s

Neighborhood or Backyard Scavenger Hunt: A scavenger hunt is a great way to get your body and mind moving. Try out the one provided or create your own!

ant   brown leaf   butterfly
clover   cloud   purple flower
pinecone   ladybug   bird
grass   green leaf   yellow flower
feather   rock   sticks

Guided Exercises

Here are some links to great workout videos! You can copy and paste these links into your browser or press Ctrl plus click link (continued on next page.)

Squish the Fish Yoga: https://www.youtube.com/watch?v=LhYtcadR9nw

Join the Challenge Dance Workout: https://www.youtube.com/watch?v=8y6bIbr-Hn0

Harry Potter HIIT Workout (great for older kids and parents): https://www.youtube.com/watch?v=TBGOZlZ2-DY

Zumba Dance Party: https://www.youtube.com/watch?v=FHo9QaJ1DyI

Ninja Workout: https://www.youtube.com/watch?v=sRNQulicqo4

Remember, any type of exercise is great for your body and mind!