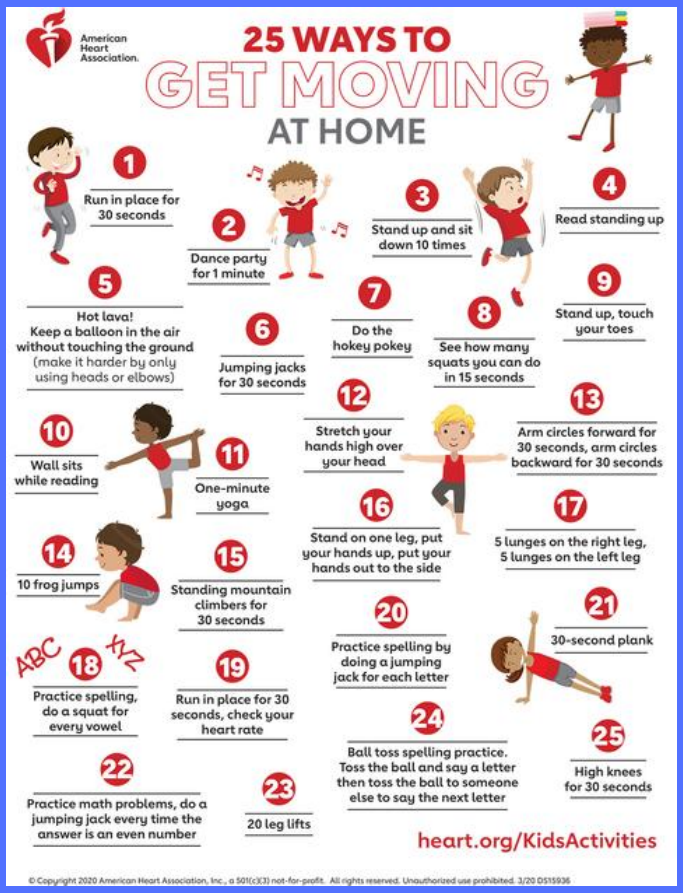
American Heart Association.
25 WAYS TO
GET MOVING
AT HOME
1 Run in place for 30 seconds
2 Dance party for 1 minute
3 Stand up and sit down 10 times
4 Read standing up
5 Hot lava! Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)
6 Jumping jacks for 30 seconds
7 Do the hokey pokey
8 See how many squats you can do in 15 seconds
9 Stand up, touch your toes
10 Wall sits while reading
11 One-minute yoga
12 Stretch your hands high over your head
13 Arm circles forward for 30 seconds, arm circles backward for 30 seconds
14 10 frog jumps
15 Standing mountain climbers for 30 seconds
16 Stand on one leg, put your hands up, put your hands out to the side
17 5 lunges on the right leg, 5 lunges on the left leg
18 Practice spelling, do a squat for every vowel
19 Run in place for 30 seconds, check your heart rate
20 Practice spelling by doing a jumping jack for each letter
21 30-second plank
22 Practice math problems, do a jumping jack every time the answer is an even number
23 20 leg lifts
24 Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter
25 High knees for 30 seconds
heart.org/KidsActivities
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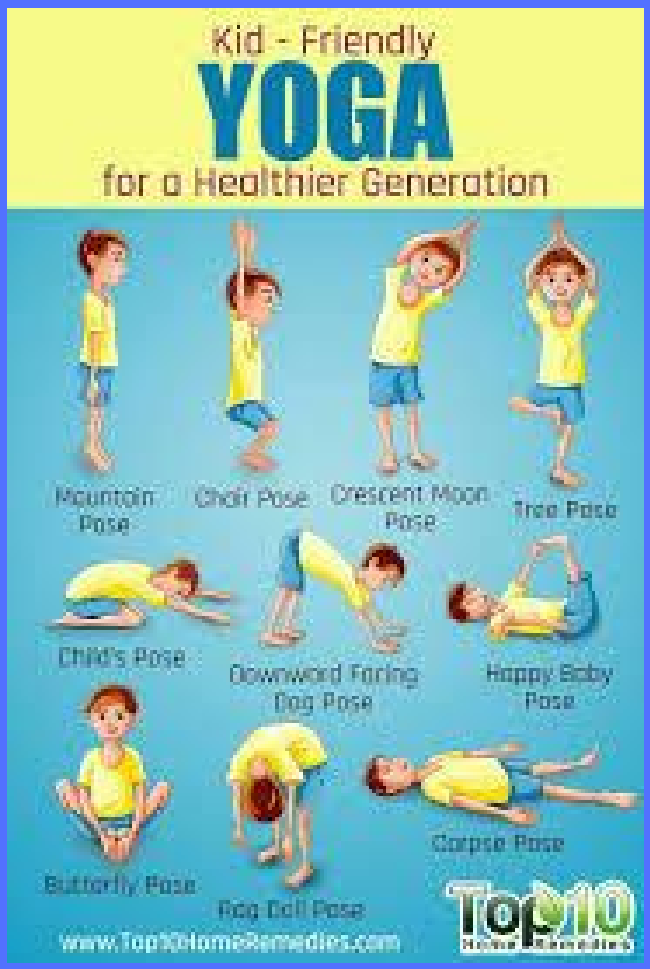
Kid - Friendly
YOGA
for a Healthier Generation
Mountain Pose
Chair Pose
Crescent Moon Pose
Tree Pose
Child's Pose
Downward Facing Dog Pose
Happy Baby Pose
Butterfly Pose
Rag Doll Pose
Corpse Pose
www.Top10HomeRemedies.com
Top10 Home Remedies

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 each day of the week for a daily workout!

workout for beginners
what's your name?
A 10 jumping jacks
B 5 push-ups
C 1 burpee
D 20 high knees
E 5 crunches
F 10 mountain climbers
G 5 squats
H 10 front lunges
I 10 side lunges
J 10 second wall sit
K 5 calf raises
L 5 second plank
M 3 squat jumps
N 10 second jump rope
O 10 russian twists
P 5 plié squats
Q 10 arm circles
R 10 skaters
S 10 second jog in place
T 10 butt kickers
U 5 inchworms
V 5 tricep dips
W 3 star jumps
X 5 bird dogs
Y 10 leg raises
Z 5 squat jacks