

Let's Get

MOVING

Fun ways to stay active this summer!



RUN

- up and down the stairs 5 times – how fast are you?
- a lap around the house – can you beat your brother?
- in place during commercials – get the workout in!

DANCE

- to your favorite tunes – music will inspire you!
- in your room – create some crazy moves.
- on skates – try roller skating.

WALK

- your dog – teach him how fun it is to exercise too!
- with a friend – play “I Spy” along the way.
- outside – enjoy the summer sun, with sunscreen.

JUMP

- over a rope – see how good you can get at jumping rope this summer.
- up – pretend the ground is HOT lava and keep your feet off the ground!
- over some hopscotch squares – grab some chalk and play with a friend.

KICK

- a soccer ball – with friends at the park.
- a ball through an obstacle course – set up cones and dribble the ball through!
- a ball through a hula hoop or tire hanging from a tree.