

EXERCISE FOR AT LEAST 20 MINUTES 5 DAYS OF THE WEEK OUTSIDE OF SCHOOL!

TYPES OF EXERCISES YOU CAN DO.

1. Push-up



2. Sit-up



3. Jumping Jacks



4. Running



5. Hula Hoop



6. Jumping Rope



7. Swinging



8. Sports/Practice



9. Bike



10. Dance



11. Play Tag



12. Yoga



13. Planks



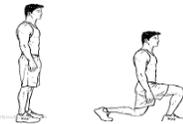
14. Arm Circles



15. Squats



16. Lunges



17. Trampoline



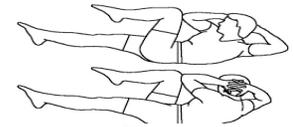
18. High Knees



19. Elbow to knee



or



20. Play outside with friends/neighbors



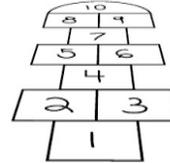
21. Crab walk



22. Heel Kick



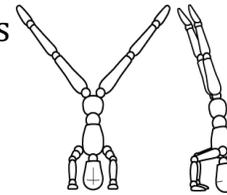
23. Hop Scotch



24. Gardening



25. Head stands



26. Frog Jumps



27. Walking



28. Jungle Gym



29. Stretching



30. Bear Crawl



You can also choose your favorite exercise!