

# what's *fit activity* for kids **your name!**

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

**A** jump up & down 10 times

**N** pick up a ball without using your hands

**B** spin around in a circle 5 times

**O** walk backwards 50 steps and skip back

**C** hop on one foot 5 times

**P** walk sideways 20 steps and hop back

**D** run to the nearest door and run back

**Q** crawl like a crab for a count of 10

**E** walk like a bear for a count of 5

**R** walk like a bear for a count of 5

**F** do 3 cartwheels

**S** bend down and touch your toes 20 times

**G** do 10 jumping jacks

**T** pretend to pedal a bike with your hands for a count of 17

**H** hop like a frog 8 times

**U** roll a ball using only your head

**I** balance on your left foot for a count of 10

**V** flap your arms like a bird 25 times

**J** balance on your right foot for a count of 10

**W** pretend to ride a horse for a count of 15

**K** march like a toy soldier for a count of 12

**X** try and touch the clouds for a count of 15

**L** pretend to jump rope for a count of 20

**Y** walk on your knees for a count of 10

**M** do 3 somersaults

**Z** do 10 push-ups

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