

30 INSTANT FITNESS ACTIVITIES FOR KIDS

Do 10 jumping jacks	Do 10 sit-ups
Do 10 squats	Do 3 somersaults
Shadow box	Have a dance party!
Hop like a bunny	Play hopscotch
Hop like a frog	Jump like a kangaroo
Walk like a crab	Shuffle like a gorilla
Stomp like an elephant	Roll like a log
Play balloon badminton	Slither like a snake
Have an arm wrestling match	Hop on one foot then switch

Jump rope (it's totally ok to pretend if you don't have one!)

Get into a push-up position and hold it as long as you can

Jump side to side like a skier 10 times

March around the room with high knees

Balance on one leg for 10 second. Switch sides.

Waddle like penguin (make it harder: put a ball between your knees!)