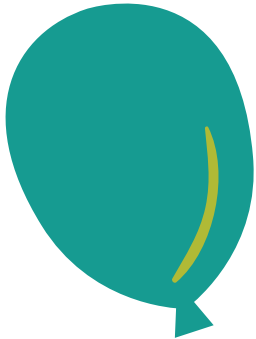
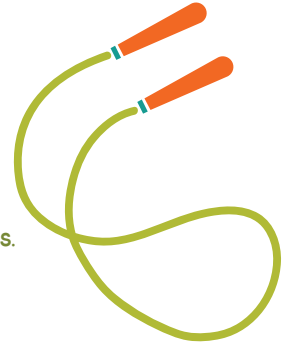




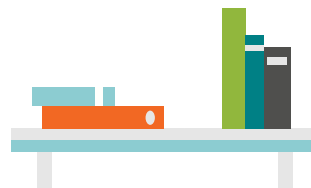
ACTIVITY PAGE

INDOOR EXERCISE CHECKLIST

- HEADSTANDS:** A great activity for your core muscles and get blood going to the brain!
- JUMP ROPE:** Go in the hall, garage or patio. For more fun, pick up a book of jump-rope rhymes.
- OBSTACLE COURSE:** Create a furniture, props or taped course in your house!
- WHEELBARROW, CRAB + BEAR-WALK RACES:** Holding one of these tough positions gives you a real workout.
- ANIMAL RACES:** Hop like a bunny or frog; squat and waddle like a duck; and so on.



- BALLOON BALL:** There are endless ways to play with balloons indoors. Try to keep it off the ground or just play catch. Mix it up with balloon tennis!
- FOLLOW THE LEADER:** Add to the workout with energetic movements such as jumping, stomping, and squatting.
- DANCE PARTY:** Turn on the music and shake your groove thang.
- FREEZE DANCE:** When the music stops, freeze in your pose and hold it until the music begins again.
- SCAVENGER HUNT:** Write up clues and hide them around the house or apartment.





ACTIVITY PAGE

INDOOR EXERCISE CHECKLIST



- JUMPING JACKS:** Simple, but good for coordination and they get your heart going.
- PARACHUTE:** This kiddie gym standby can be re-created at home with sheets. Each person takes an end of the parachute/sheet and fans it upward while one of you runs underneath.
- BUBBLE WRAP ATTACK:** If you get bubble wrap in the mail, jump on it until it's all popped.
- CLEAN-UP RACE:** Set a timer/put on a song to see who can "right the room" the fastest.
- TEMPER TANTRUM:** Have a fit for the fun of it. Flail, stomp, and scream.
- CARNIVAL:** Set up carnival games such as "Knock Down the Milk Cans" (try plastic tubs).
- HALLWAY BOWLING:** Fill up water bottles, screw the lids on tight and use any ball you have.

- HOPSCOTCH:** Use tape or chalk, respectively, to make a game on your floor or inside your garage.
- PILLOW FIGHT:** No explanation needed.
- SOCK SKATING:** If you have hardwood floors, put on socks to skate around. Try spins or hockey stops, or see who can slide the farthest. If you have carpeted floors, try paper plate skates!
- POPCORN PUSHUPS:** Put a small bowl of popcorn on the floor. Lower yourself down and stick out your tongue to get a piece of popcorn – make sure each person gets their own bowl!

