



# Hey Kids!

Be smarter and stronger with our **Get Fit Tips**

- Do one a day
- Do it longer every time
- Try them all
- Add your own favorite activities at the bottom

Remember...There's no right or wrong, just have fun!

READY	SET	GO
<b>Run</b> In place or around the house.	<b>Skip</b>	<b>Sprint</b> Alternate running, skipping and sprinting!
<b>Hop or Jump</b> In place, all around or on one foot!	<b>Jumping Jacks</b>	<b>Jump Rope</b> Imaginary or real.
<b>Touch Toes</b>	<b>Touch Opposite Toes</b>	<b>Balance On One Foot</b> And touch opposite toes!
<b>Catch</b> Any ball or stuffed animal!	<b>Catch a Water Balloon or Hardboiled Egg</b> How many times can you catch it before it drops?	<b>Obstacle Course</b> Create your own! Use balls, hula hoops, jump ropes, tree branches, rocks, anything lying about!
<b>Bounce a Ball</b>	<b>Shoot Baskets</b> Real or imaginary.	<b>Bounce a Ball Under One Leg</b> And shoot a basket!
<b>Swim</b>	<b>Take a Swim Lesson</b> Take any movement lesson!	<b>Join a Swim Team</b> Join any sports team!
<b>Imaginary Sport</b> Make one up with rules and scoring. Play by yourself!	<b>Imaginary Sport</b> Play it with others.	<b>Exercise Club</b> Form your own! Meet once a week, share your favorite activities.
<b>Bike</b> Around your house.	<b>Bike</b> With your friends and family.	<b>Bike</b> On a bike path or trail!