

Cut each strip along the dotted line and glue or staple together from A-Z to form a paper chain. Tear one off each day and get your body moving!



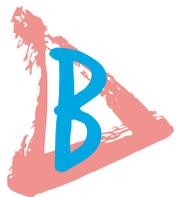
AGILITY

is all about how quickly and easily you move.

Test your side-to-side agility by doing **speed skaters**.



GLUE
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BALANCE

is the ability to stay upright and in control of your movement.

Show off your balance by holding the **Flamingo pose** for as long as you can.



PRO-TIP
If you're a real pro, try it with your eyes closed!

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COORDINATION

is having control of your body and being able to move different parts together smoothly.

Try **crab toe touches** to practice your coordination!



PRO-TIP
Slow down to keep your balance so you don't fall.

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DANCING

is moving your body to a rhythm. It involves things like coordination and balance and can be a great exercise.

Show off your **best dance moves!**



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EXTENSION

means stretching your muscles out as far as you can. We'll use your core for this one!

Try **Supermans** to extend the muscles in your abs!



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FLEXION

means contracting your muscles and making them tight and strong.

Try flexing your abs with some **sit ups!**



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GAMES

are a fun and easy way to get up and get active. There are many to choose from!

Try one of our KidsFit favorites and play **You Go, I Go!**



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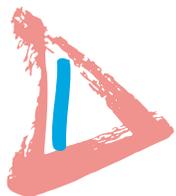
HEART RATE

is the speed that your heart is beating. The faster it's going, the harder you're working.

Get your heart rate up by **doing mountain climbers!**



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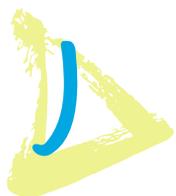
INTENSITY

is how hard you work when you move. The harder you move, the more intense an activity is.

Try **jumping jacks** for a high intensity activity!



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JUMPS

can be on one foot or both feet. You can jump up, forward, backward, or side to side.

Try out your jumping skills with **flamingo hops.**



PRO-TIP
Make sure to try jumping with both feet!

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KICKS

are moving your legs with force. They get your heart pumping and work your whole lower body.

Practice your aqua kicks with some **Sweat and Swim** action!



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LUNGES

are a great way to practice your balance and strength. They let you work one leg at a time and challenge you to stay upright while also making you stronger.

Show off your best **lunge!**



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MOBILITY

is how freely a joint can move through its full range of motion. All joints have mobility, but some have more than others.

Practice and improve your hip and knee mobility with a **standing quad stretch!**



PRO-TIP
Standing on one foot will help improve your balance too!

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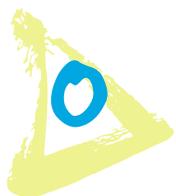
NUTRITION

is how you fuel your body to move and grow with food.

Learn more about nutrition with **Go, slow, & whoa!**



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OVER-UNDERS

challenge you to get up and get down. Get up with a hop, and get down with a slide.

Pick a partner and try these out!



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POWER

is all about combining strength and speed. It's being able to move quickly with intensity.

Frog jumps are a good way to display some lower body power.



PRO-TIP
Swing your arms up when you jump to get even higher!

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QUICKNESS

is how fast you can move.

Show off your quickness with front & back 2 foot hops.



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RELAXATION

is just as important as exercise. Taking time to regularly relax works as a natural pain reliever.

Practice relaxation with seated yoga.



PRO-TIP
Focus on deep breaths while you stretch.

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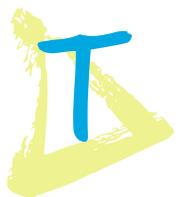
STRENGTH

is a muscle's ability to push against resistance.

Use your body as resistance against gravity and improve your strength by doing desk pushups!



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TWIST-JUMPS

will challenge your jumping ability and your coordination.

Try quarter turns or even a full 180, and see how fast you can do them!



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UNICORN

might be your favorite animal, but it could also be your favorite stretch!



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VICTORY

isn't about wins and losses, it's about doing your personal best.

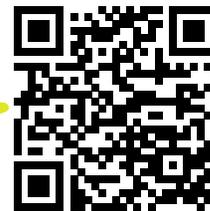


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WALL SITS

help strengthen the muscles in your legs and core. All you do is lean up against a wall and pretend like you're sitting in a chair.



PRO-TIP
Keep your hands in the air for a tougher challenge.

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X-JUMPS

are a fun way to get your heart rate up while working multiple muscle groups.



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YOGA

is the practice of relaxing your mind and body through stretching. It's a great tool to help your mobility, flexibility, and state of mind.



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ZIG-ZAGS

are a great way to practice your balance, coordination, agility, and quickness! They can help you in your favorite games too.



PRO-TIP
Bend your knees and stay low to move faster.

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