

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!



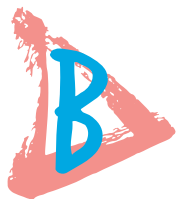
AGILITY

is all about how quickly and easily you move.

Test your agility with **Speed and Agility Ladders!**



GLUE
HERE



BALANCE

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

Challenge your balance abilities with this **Balance workout!**



PRO-TIP
Looking for a challenge? Try some of these moves with your eyes closed!

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COORDINATION

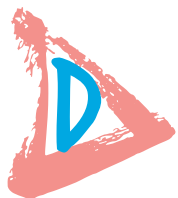
is having control of your body and being able to move different parts together smoothly.

Practice your hand-eye coordination and **Dominate the Details!**



PRO-TIP
Slow down and focus to really improve your coordination!

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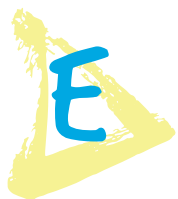
DANCING

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 with **Moving to the Music!**



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EXTENSION

means stretching or lengthening your muscles.

Learn about your body and extend your muscles with **Flex, Extend & Stabilize!**



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FLEXION

means contracting your muscles and making them tight and strong.

Flex your muscles and build total body strength with this [On the Minute Workout!](#)



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GAMES

are a fun and easy way to get up and get active!

Pick from some of our KidsFit favorites from [Gameday Thursday!](#)



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HEART RATE

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

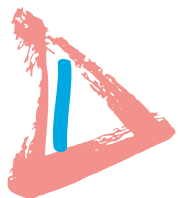
Get your heart rate up with [Making Moves!](#)



PRO-TIP

Your heart rate is between 60-100 at rest but can jump to 200 beats per minute during play!

GLUE
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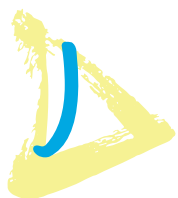
INTENSITY

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

Test your football skills with some high intensity work with [Football Fun!](#)



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JOINTS

Joints are the place where two or more bones in your body meet, without them we wouldn't be able to move.

Learn about the joints in your lower body and how they move with [Lower Body Joints!](#)

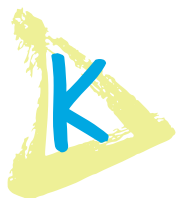


PRO-TIP

Jumping and strength training are great ways to improve your joint strength and health!

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KINESIOLOGY
is the study of how your body moves.

Learn more about your body and how it moves with **Upper Body Joints!**



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LOWER BODY
refers to your legs, and all the muscles and bones that make them up.

Strengthen your lower body with a **Lower Body Moves** activity!



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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 mobility with **Hip Mobility Madness!**



PRO-TIP
Daily mobility work will lead to greater ranges of motion!

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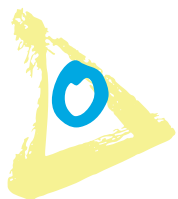


NUTRITION
is how you refuel your body after a tough day of play!

Learn more about nutrition with this **Mindful Eating** workout!



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OPPOSITE
Means two things that are completely different. Your body has opposing muscles like your hamstring and your quad.

Put opposing muscle groups to work with **Just Legs Tabata!**



PRO-TIP
Try flexing your bicep or triceps and notice how the opposite muscle extends!

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POWER

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

Try **Power Jump** to develop lower body power!



PRO-TIP

Use your arms to help you jump further!

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QUICKNESS

is how fast you can move.

Improve your quickness with a **Speed and Acceleration** workout!



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RELAXATION

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

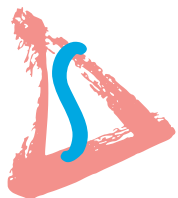
Practice relaxation with **Garden Meditation!**



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 and improve your upper body strength with **Push Up Progression!**



PRO-TIP

Try these movements in slow motion for an increased challenge!

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TIME

refers to how long you exercise for.

Use time to guide your activity with **Done in 60 Seconds!**



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UPPER BODY

refers to your chest, arms, shoulders and back and all of the muscles and bones that make them up.

Strengthen up the muscles in your upper body with an **Upper Body Work** activity!



PRO-TIP

Improve your upper body strength to have better posture!

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VICTORY

isn't always about wins and losses, it's about having fun and trying your best.

Have fun and try your best with **Viktory With the Vikings!**



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WALKING

is an easy way to stay active, the more you walk the healthier you will be.

Track your daily walking with the **Step Challenge!**



PRO-TIP

Challenge a friend or family member to join you!

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X-FACTOR

refers to your special or unique talents that make you, you.

Show off your X-Factor to **Adapt & Advance** through this workout!



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YOGA

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

Get your stretch on with this **Animal Yoga!**



PRO-TIP

Use yoga as a full body workout and engage many different muscles at the same time!

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ZONING

Helps divide communities to build complete streets and places to move safely.

Learn more about Complete Streets with an **Expert!**



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