

HEALTHY KIDS STAY ACTIVE

Warm Up First

- Hold stretch position for a slow count of 10 and do not bounce.
- Stretch slowly - only as far as you're comfortable.



With Friends - Games for a Group

Talent Show - All players write down an active talent (like hula hooping or dancing) and put suggestions into a hat. One at a time, pick an activity out of the hat and do as the card says.

By Yourself - Games for One

- Do jumping jacks or sit-ups during T.V. commercials
- Play basketball with rolled up socks and the clothes hamper
- Turn on some music and dance