

Let's Get Moving! A Fitness Fun Plan.

We all need hourly brain breaks and wiggle sessions, so, why not incorporate goals, challenges and make them more fun! We've put together a list of activities you can do throughout the day whether you're inside or out.



Encourage family members to join in. Hey, you can even make it a family competition!

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The activity log gives you the chance to create a goal for each exercise. Remember, you don't have to reach your goal in one attempt, add to your total all day long.

Then, use the blank template to pick your favorite activities from each bucket for a personalized Fitness Log!

Agility and Coordination: incorporate activities that include speed and footwork.

- Jumping Jacks – How many can you do in 1 minute?
- Shuttle Run – Place an object or two 10 – 15 yards away, run to the object, place it down then run back. Time yourself, can you beat your time or add more objects?
- Sprint – Pick a location, run there and back; can be done in a progression from a walk to as fast as you can.
- Line Jumps – Find a line and jump, forward and back, side to side, feet together or feet apart

Balance: focus on body awareness

- Superhero Stunts: Start on your right leg only, fly like Superman or Ironman! What would your favorite superhero look like?
- Stand with out your Hands: Begin in a legs crossed seated position, stand without using your hands. Added challenge, sit with your shins to the floor, can you jump up from here?
- Balance Beam – Find (or make) a line; walk heel to toe for ten yards; for an added challenge, walk the line with knees bent and low to the ground
- Inchworm – Start in a standing position, bend down and walk your hands out slowly, then back to standing

Flexibility & Mobility: highlight opportunities to bend, stretch, extend as well as rotate and twist all areas of the body.

- Lunges - Step out with your left leg, bend your Right knee to almost touch the ground, switch legs, either in-place or for ten yards. Add a twist of upper body if you would like.
- Arm Circles & Toe Touches - Arms to a T position – rotate arms forward 10 times and then reverse. Reach for your toes with feet together then apart. You can combine the two activities, like a windmill.
- Hula Hoop – Keep it moving for 30 seconds to 2 minutes!
- Knee to opposite elbow – Standing or seated; Left to Right 5x then Right to Left 5x. You can even try walking down the hallway!

Object Control: activities incorporate eye coordination.

- Toss and Catch: Throw parent approved objects in the air and then catch them. Start with a short distance and then see how high you can throw and catch without letting it hit the ground. Try different sized objects a tennis ball, bean bag, soccer ball, or even a stuffed animal.
- Dribbling: Find a ball, use your feet or your hands to dribble the ball to, around, or through obstacles. Can you dribble a tennis ball as well as a basketball?
- Racquet or Spoon Challenge: If you have a tennis racquet, or a spoon find an object and see how far you can walk with the object on your racquet without dropping it. (no eggs!)

Strength: activities focus on core and large muscle groups

- Planks – Set a time goal, 15 seconds. On your forearm or straight, or to one -side
- Push-ups – do as many as you can, then add one more for the next day.

[CLICK HERE TO WATCH DEMO VIDEO!](#)

A special thank you to First Tee of the Sandhills for creating and sharing this activity guide.

FITNESS FUN LOG FOR: _____



ACTIVITY FOCUS	EXERCISE	MON	TUES	WED	THUR	FRI	SAT	SUN
AGILITY & COORDINATION	JUMPING JACKS	/	/	/	/	/	/	/
	SHUTTLE RUN	/	/	/	/	/	/	/
BALANCE	SUPERHERO STUNTS	/	/	/	/	/	/	/
	STAND W/ NO HANDS	/	/	/	/	/	/	/
STRENGTH	CRAB WALKS	/	/	/	/	/	/	/
	FROG JUMPS	/	/	/	/	/	/	/
FLEXIBILITY & MOBILITY	LUNGES	/	/	/	/	/	/	/
	ARM CIRCLES	/	/	/	/	/	/	/
	TOE TOUCHES	/	/	/	/	/	/	/
OBJECT CONTROL	TOSS & CATCH	/	/	/	/	/	/	/

FITNESS FUN LOG FOR: _____



ACTIVITY FOCUS	EXERCISE	MON	TUES	WED	THUR	FRI	SAT	SUN
AGILITY & COORDINATION								
BALANCE								
STRENGTH								
FLEXIBILITY & MOBILITY								
OBJECT CONTROL								