



## SOME EXERCISES/PHYSICAL ACTIVITIES THAT CAN BE DONE AT HOME:

JUMP-ROPE

HOPPING ON ONE FOOT

JUMPING JACKS

INVENT YOUR OWN DANCE

HULA HOOPING

CURL-UPS (SIT-UPS)

PLANKS

V-SITS

PUSH-UPS

TWISTER (THE BOARD GAME)—THE WHOLE FAMILY CAN PLAY!

WATCH AN EXERCISE PROGRAM ON TELEVISION /YOU TUBE

GO FOR A BRISK WALK

CREATE A SILLY POSE AND HOLD IT LIKE A STATUE

CREATE YOUR OWN ACTIVITY AND HAVE FUN!!!

