

Fit and Focused!

1. Warm up to Wake up! (pick one- 2 min)

- ★ Sun Salutation
- ★ Reach for the Sky
- ★ Monster March
- ★ Shrug it Off

2. Heart Thumping and Blood Pumping! (pick one- 5 min)

- Hot Lava
- Hop Scotch
- Dance Party
- Hula Hoop
- Seven Up
- Freeze Dance
- Jump Around
jump rope, trampoline, or jump over obstacles
- "Snow Ball" Fight
with pom-pom or newspaper snowballs
- Balloon Volleyball
- Leap Frog
- Foot Floor Hockey
- Free Choice

3. Strong and Stable (pick one- 2 min)

- ★ Crunches
- ★ Wheelbarrow
- ★ Twister
- ★ Squats
- ★ Pushups (wall, chair, regular)

4. Play it Cool (pick one- 3 min)

- Simon Says, "Stretch"
- Deep Breaths
- Calm Mind / Calm Body