

Fit activities for kids

What's your name?

Spell out your name and complete the exercise listed for the letters of you name. For a greater challenge include your middle and last name and do each activity twice. For variety, you can use an historical person's name or another family member's name.

A – 10 star jumps	N – 10 second jump rope
B – 5 push ups	O – 10 Russian twists
C – 1 burpee	P – 5 Plie squats
D – 20 high knees	Q – 10 Skaters
E – 5 Crunches	R – 10 arm circles
F – 10 mountain climbers	S – 20 second jog in one place
G – 5 squats	T – 10 butt kicks
H – 10 front lunges	U – 5 inchworms (standing up stretch down to your toes and slowly walk you hands out)
I – 10 side lunges	V – 5 triceps dips
J – 10 second wall sit	W – 3 star jumps
K – 5 calf raises	X – bird dogs (on hands and knees stretch out one arm and opposite leg and then swap)
L – 10 second plank	Y – 10 leg raises
M – 3 squat jumps	Z – 5 squat jacks