



Children's National™

Exercise Ideas at Home:

Indoors:

- ◇ **Indoor basketball:** A trash can, box, or koosh net can make a great indoor basketball net. (Be sure to use a room that has lots of space)
 - ◇ **Dancing:** Put on some music and just dance for 10-30 minutes!
 - ◇ **Jumping jacks:** Try doing jumping jacks for an entire song! Make it a challenge or simply do this 1 time each day.
 - ◇ **Keep moving:** Do jumping jacks, pushups, or crunches during TV commercial breaks.
 - ◇ **Active video games:** Try Wii Sports, Dance Party, Dance Dance Revolution, or any game you like that gets you up and on your feet.
 - ◇ **Download apps to get active:** Nike Training Club, NFL Play 60, 7 Minute Workouts, Abs and Core or Runkeeper.
 - ◇ **Work out videos:** Check out YouTube videos, the library or Walmart for exercise videos. Find a safe place in your home to work out.
- Check out your neighborhood community center for activities.



More Exercise Ideas :

- ◇ **Play outside:** When the weather is nice get outside and play! Go to a playground, a park or your backyard.
- ◇ **Go for a walk:** Walk wherever you can: around your neighborhood, house, or mall. To the park, a friend's house, the store, or on park trails.
- ◇ **Biking, skates or scooters:** Choose an activity with wheels; these can all be great ways to get moving around the yard or on a trail.
- ◇ **Pick up team sports:** Try playing basketball, soccer, street hockey, football or baseball with family and friends in the area.
- ◇ **Other games:** obstacle courses, hopscotch, tag, hide-and-see, hula-hoops, jump rope, tag with squirt guns, T-ball, kickball or flying a kite can all be great ways to enjoy the outdoors.
- ◇ **Go swimming:** Check out a neighborhood pool to stay cool during the summer months.
- ◇ **Help with yard work:** Rake leaves, weed or plant flowers.

