

Other Exercise Ideas

These exercises could be used as a reward for completing a Weekly Exercise Plan column or incorporated as additional exercises to encourage participation with family members.

- **Playing outside**
 - It can be super fun to increase activity levels by going outside and participating with others. Some examples of outdoor activities include:
 - Going for a walk
 - Swimming in the pool
 - Playing on a scooter
 - Going for a bike ride
- **Animal Walks and Races**
 - Bear walks, Crab walks, Duck walks, Inchworm, Bunny hops, Flamingo hops, talking on toes, walking on heels, walking backwards, lunges
- **Pillow Balance**
 - Stand on one foot on a pillow while playing catch with a family member.
- **Sit-to-Stand Balloon Toss**
 - With a family member, toss a balloon back and forth. Between each tap, perform a sit-to-stand (a squat where your bottom taps a chair behind you). See how many you can do in a row before the balloon touches the ground!
- **Hopscotch**
 - Together, set up a hopscotch outline on the ground using tape. This will encourage squatting to set the tape down.
 - Either use an item you can toss to a box or roll a dice to determine which box to hop to.
 - Once you hop to a box, you can decide an exercise to do!
 - **Example:**
 - Box 1 = 10 squats
 - Box 2 = Stand on one leg for 30 seconds, repeat on other leg
 - Box 3 = 10 Glute Bridges
 - Box 4 = 10 Jumping Jacks
 - Box 5 = Hold a plank for 10 seconds
 - Box 6 = 10 Frog Jumps