



Helping families eat well and be active

Let's Try to do 100 Moves

You can move in so many ways. Let's do each one of these ideas 10 times.

1. Jumping jacks

2. Twirl in a circle

3. Jump up and down

4. Sit-ups

5. Jump on your left foot

6. Reach to the sky then touch your toes

7. Jump on your right foot

8. Run in place

9. Squats

10. Skip in place



Adapted from KembleFlynn