

25 ways to

Exercise with Kids

Mom runs while **KIDS RUN** or bike ride along side

Swim Laps at the **POOL**

CIRCUIT workout in house, driveway, or backyard

Family **BIKE RIDE** (I pull my youngest in trailer behind)

High school or middle school track and do **BLEACHER RUNS**

RUN AROUND THE TRACK at a school (little ones likely play in middle field)

Backyard **SOCCER** or kickball

WHEELBARROW races (we have one, borrow another)

Relay races (frog jumps, crab walk, **WHEELBARROW**, etc),

Shoot **HOOPS** on the driveway

HOPSCOTCH at the elementary school or chalk on driveway

Freeze tag, when you are **FROZEN**, jog in place

HIKING on a trail

Sprints up and down your street

Jump rope and **JUMPING JACKS** alternate

DANCE party

Practice **TENNIS** moves

YOGA (Cosmic Kids and Yoga Kids were recommended)

TRAMPOLINE tricks

Along sidewalks, **SKIP AND SPEED WALK** alternate

Hopping backwards

create an **OBSTACLE COURSE** in backyard

FAMILY WALK to the store or along a trail

JUST DANCE on the Wii

ROLLER SKATE in the neighborhood or at a rink