

Dance!



Kick!



Jump!



Run in Place!



Do push ups!



Stretch!



Run in a zigzag!



Do jumping jacks!



**Kick your knees
high!**



**Windmill your
arms!**



Do sit ups!



**Balance on one
foot!**



Flex your Muscles!



Hop on one foot!



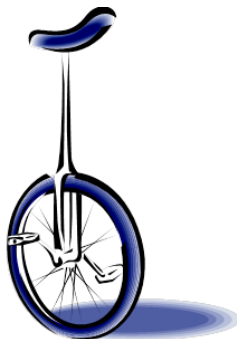
March in Place!



**Touch your
Toes!**



**Lie on your back
and ride a unicycle!**



**Pick your favorite
exercise!**

