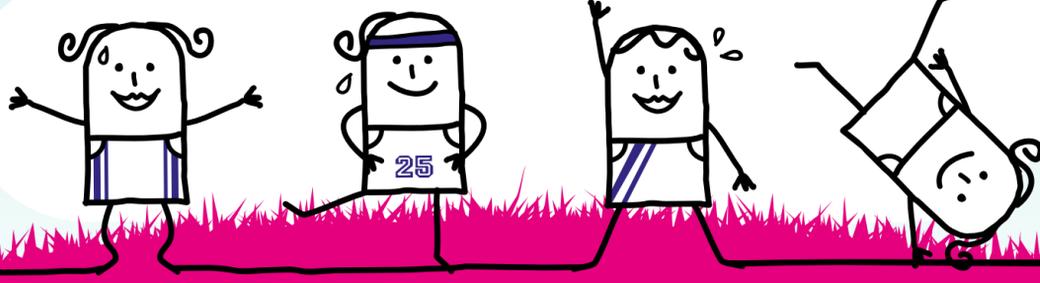


# What's Your Name

## Kids' Fitness Challenge



Spell out your name, find the activities for the letters in your name and do them!

For a bigger challenge, include your middle name and do each activity twice! Or pick a favourite character or someone else in your family for a change.

**A**

Act like a monkey for 30 seconds

**B**

Bounce side to side 20 times

**C**

Crawl like a crocodile

**D**

Dance to your favourite song for 1 minute

**E**

Explore your garden for fairies

Nope, no fairies out here!



**F**

Flap your wings like an eagle for 30 seconds

**G**

Gather 10 leaves from outside

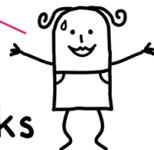
**H**

Hop forward 5 times and then hop backward 5 times

**I**

Inspect the front garden for insects for 1 minute

Just like this!



**J**

Do 10 Jumping Jacks

**K**

Kick your heels for a count of 20

**L**

Leap like a frog 8 times

**M**

Move 10 steps back and jump 5 steps forward

**N**

Nip in and out to the garden 10 times

**O**

Organise your toys from biggest to smallest

**P**

Prance around like you are on a horse for 30 seconds

**Q**

Curtsey 10 times for the Queen

**R**

Do a Roly Poly (somersault)!

**S**

Skip down the hall and back

**T**

Twirl like a ballerina 10 times

**U**

Pretend to peddle your unicycle with your hands for a count of 20

**V**

Volley a ball 12 times

**W**

Walk like a chicken for 10 steps

**X**

X marks the spot. Mark a spot in the garden and race to it.

**Y**

Jump up and down like a yo-yo 12 times

**Z**

Pretend you're riding a zebra for 1 minute

\*Make sure and consult with your doctor before taking part in any physical activity

More tips for helping to prevent childhood obesity:

[www.mykidstime.com/101easychanges](http://www.mykidstime.com/101easychanges)