

Exercise Your Name!

Spell out your whole name and then complete the activity for each letter

A	Jump up and down 10 times	M	Lay on the floor and pick up a ball with your feet from the floor raising it above your mid-section 5 times
B	Spin around 5 times	N	Walk backwards 20 steps (without looking if possible) then skip forward, do it again
C	Hop on each foot 5 times	O	Walk sideways 20 steps (step touch, step touch) and vine back (crossing foot over foot without losing balance)
D	Run to the nearest door and back	P	Bend down and touch your toes, then stretch and reach as high as you can 20 times, try to stretch further each time possibly laying your hand flat on the floor
E	Walk heel to toe in a straight line across the room without tipping over	Q	Do a plank (lay flat facing the floor, balancing on toes and hands (or elbows) pulling in your ab muscles for 30-60 seconds
F	Do a rowing motion at chest level 10 times squeezing your shoulders together tightly in the back	R	Do 10 wall push-up feet 6 inches from wall
G	Do 10 jumping jacks, or adaptive jumping jacks	S	Do 10 wall squats, keeping your back and shoulders firmly against the wall
H	Balance on your left foot for a count of 10	T	Lunge walk 10 steps, turn and lunge walk back 10 steps
I	Balance on your right foot for a count of 10	U	Do 3 cartwheels, or swing both arms in a circle in front of you 3 times one direction, then 3 times the other direction, going as low as you can and stretching as high as you can
J	Lunge 4 times alternating your feet	V	Sit down and stretch touching your toes (or as close as you can get) – hold for 10 seconds, sit up, then stretch again 5 times
K	Pretend to jump rope for a count of 20	WX YZ	Sit down folding your legs under you, fold your upper body onto your legs, then stretch forward with your arms, hold for 10 seconds, sit up, then stretch again 5 times
L	Do 3 somersaults or 10 sit-ups		