ABC’s OF HEALTHY KIDS | M: Move Your Body

Mini Circuit Training

Try the activities in each circle. Make sure you have an exercise buddy and a water bottle with water to drink.*

Star Jumps
(Jumping Jacks)
How many jumping jacks can you do in 1 minute? Also try sit-ups, push-ups, or jogging in place.

Dancing
Dance to your favorite music. Create a dance routine to your favorite song and show your family.

Jumping Rope
How many jumps can you do in a row? Say the alphabet or have a grown-up share a rhyme they used when they were little.

Stairs
How many stairs can you go up and down (either inside or outside where you live) in 5 minutes?

*Not all exercises are suitable for everyone. These activities are meant to be suggestions, not medical advice. Consult with your healthcare provider before starting an exercise program.

ABC’s OF HEALTHY KIDS: www.snohd.org/healthykids • www.snohd.org/activities