



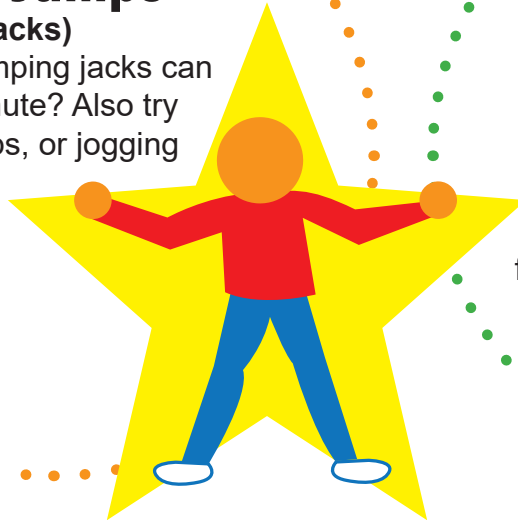
Mini Circuit Training

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.



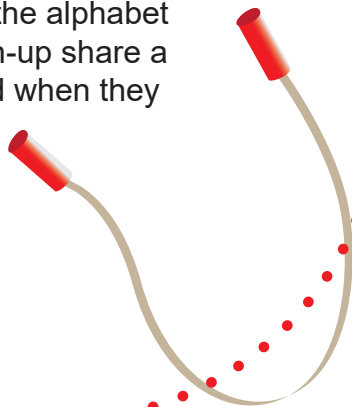
Dancing

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



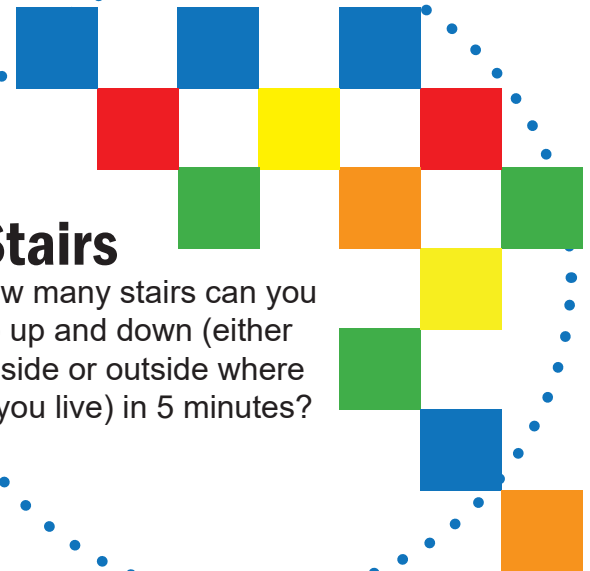
Jumping Rope

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.

