

health and wellness



FOR KIDS

15 Push-ups	10 Squats	Meditate for 3 Minutes	3 Somersaults	Eat a Healthy Snack
20 Sit-ups	20 Mountain Climbers	15 High Knees	Jump in Place for 20 Seconds	Skip For 25 Seconds
Run In Place for 30 Seconds	20 Jumping Jacks	FREE	Crab Walk for 25 Seconds	Hop Like a Frog 8 Times
15 Lunges	Wall Sit for 20 Seconds	Drink a Glass of Water	Spin in a Circle 5 Times	Bear Crawl for 25 Seconds
15 Second Plank	Wash Your Hands With Soap	8 Star Jumps	10 Left Arm Circles	10 Right Arm Circles



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