

## Physical Exercise Card 1

<p><b>Warm Up!</b> Get ready to jump for joy with <b>30 jumping jacks!</b> After, share a person that inspires you!</p>	<p><b>Warm Up!</b> <b>Skip, skip, and skip</b> again! <b>Skip</b> as high you can in place for 30 sec.</p>	<p><b>Warm Up!</b> Get those knees up and <b>march in a spot</b> for 30 sec. Repeat twice.</p>	<p><b>Warm Up!</b> <b>Shuffle side-to-side</b> for 30 sec. Then say the last nice thing you did for someone.</p>	<p><b>Warm Up!</b> Just keep swimming! <b>Do arm circles</b> for 30 sec. Repeat twice.</p>
<p>Show off your <b>dance moves</b> to your favorite dance song!</p>	<p><b>Ready? Set. Hop!</b> Choose something to hop over 20 times.</p>	<p>It's time to <b>play freeze dance!</b> Play 5 rounds of freeze dance.</p>	<p><b>Reach out for the sky.</b> Reach out as far as you can to get a good <b>stretch.</b></p>	<p>Pretend to <b>sit in an invisible chair</b> 5 times. Sit, then stand, etc. Repeat twice.</p>
<p>Simon says <b>touch your toes 20 times!</b> Simon says repeat this twice!</p>	<p>How low can you go? Do <b>20 squats</b> and see who can get lower.</p>	<p><b>Hop on your left foot 10 times, then on your right 10 times.</b> Then hop on two feet 10 times.</p>	<p>Family <b>wall sit</b> challenge! Let's see who can squat on the wall the longest. Repeat twice.</p>	<p><b>Pretend jump rope</b> for 20 seconds. Repeat twice. Next say something nice about the person next to you.</p>
<p>Lie down and <b>do 25 crunches.</b> Then share your favorite healthy snack.</p>	<p>What's a family without cool handshakes? Make a creative <b>handshake</b> with a partner.</p>	<p>You are a star! Do <b>20-star jumps.</b> Then name an activity you are really good at!</p>	<p>Try <b>balancing on your left foot</b> while saying the ABCs. Then try the right saying it backwards!</p>	<p>Families that <b>burpee</b> together, stay together! Do 10 burpees together!</p>
<p>Play <b>follow the leader</b> with march, jump, squat, kick, and spin! Last one standing wins!</p>	<p>Stand on <b>one leg and sit, then stand back up on the same leg.</b> Do this 10 times on each leg.</p>	<p>It's time for a bike ride! Lay on your <b>back and pedal</b> like you are on a bike for 30 seconds. Repeat twice.</p>	<p>Stretch out those legs! Do <b>10 lunges.</b> Repeat three times!</p>	<p>It's time for <b>indoor bowling!</b> Recycle old water bottles and use a small soft ball for your indoor bowling alley.</p>

**\*Visit Treated.com for a full glossary of gym and fitness terms**

**#NWALKCHALLENGE21**

## Physical Exercise Card 2

<p><b>Warm Up!</b></p> <p>Move forward and <b>lift your knee to your chest.</b> Do this for a minute. Repeat one more time.</p>	<p><b>Warm Up!</b></p> <p>Run in place for 30 sec. Repeat twice.</p>	<p><b>Warm Up!</b></p> <p>Move forward and <b>kick up your right leg while reaching for it with your left hand.</b> Do this for 2 minutes. Switch legs</p>	<p><b>Warm Up!</b></p> <p>Start off with a <b>knee-high jog</b> for a minute. Repeat twice.</p>	<p><b>Warm Up!</b></p> <p>Move forward, <b>touch your right foot with your left hand while lifting your left leg up behind you.</b></p>
<p><b>Stand on your tippy toes and walk forward</b> for 30 seconds. Repeat twice.</p>	<p>Lay down on the ground and do <b>20 leg lifts.</b></p>	<p>Simon says <b>balance on your left foot with your eyes closed</b> for a count of 10 sec. Now do your right foot. Repeat twice.</p>	<p><b>Wave your hands</b> for one minute. Repeat twice. Then name your favorite exercise/sport.</p>	<p>Get outside and <b>take a short walk</b> with your family! Share your favorite memories with them.</p>
<p>Walk like a bear for 30 sec. Repeat twice. Now name your favorite fruit and vegetable.</p>	<p>Move those hips! <b>Pretend to hula hoop</b> for 20 sec. Repeat twice. Then name a person that supports you!</p>	<p>Lay down on the ground and reach towards your heels. Do <b>15 heel touches.</b> Repeat twice.</p>	<p>Play <b>charades</b> but only act out exercises/sports. Play three rounds for each participant.</p>	<p><b>Reach behind you and hold your right foot with your left hand.</b> Don't be the first one to fall!</p>
<p>Are you ready to step-up to the challenge? Use a stool or a small chair and do <b>15 step ups.</b> Repeat twice.</p>	<p>Put your hands on a wall and do <b>25 leg swings for each leg.</b></p>	<p>Do three minutes of <b>yoga and stretching.</b> During this name a skill where you worked hard to get good at.</p>	<p>Go to the nearest wall and do <b>15 wall push-ups!</b> Next, share one positive thing about your community.</p>	<p>Setup an <b>indoor hopscotch game.</b> Play by throwing a coin on a box, and that player must avoid that box while moving to the end.</p>
<p>We're playing basket-ball! Play three rounds of <b>balloon basketball.</b></p>	<p>It's time to jump for joy. Do <b>15 power jumps.</b> Then share a time you stood up for someone else.</p>	<p><b>Hop like a frog</b> 10 times. Repeat once. Then share a time where you failed but tried again and succeeded.</p>	<p>Make a <b>mini-indoor obstacle course.</b> Make teams and the first one to finish wins!</p>	<p>Lay on the floor and do <b>15 snow angels.</b> Then share one thing you love about the Northwell Health Walk.</p>

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