

## Going for a walk

- Walking your dog
- Walk to the Dairy for Kai
- Walk with you Whanau

I get outside and walk my dog Missy at our local park! Make sure to wear a mask if you are going somewhere where there are many people. Stay safe!



## Set up an obstacle course

- You can set up an obstacle course for fitness or fun!



# EXERCISES FOR KIDS



1. Planks



2. Push-ups



3. Crunches



4. Cycling



5. Lunges



6. Running



7. Stretching



8. Bridge lift



9. Backstretch



10. Squats



11. Skipping



12. Overhead shoulder stretch



13. Jogging



14. Splits



15. Side leg raise