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Directions: Cut out these exercise squares along the printed lines. Fold them and place them in a bowl or container. When TV commercials come on, each person watching TV has to pick out an exercise and do it until the TV program comes back on. At the next set of commercials, pick out a new exercise/activity. Feel free to come up with your own fun exercises and add them to the list!

<p>Jumping Jacks</p> 	<p>Right Leg Alphabet</p> 
<p>Push-ups</p> 	<p>Windmill Toe Touches</p> 
<p>Sit Ups/Crunches</p> 	<p>Arm Alphabet</p> 
<p>Run in Place</p> 	<p>Imaginary Jump Rope</p> 
<p>Flutter Kicks</p> 	<p>Tricep Dips</p> 
<p>Hop like a Frog</p> 	<p>Lunges</p> 
<p>Left Leg Alphabet</p> 	<p>Arm Circles</p> 