



## 2 POWER UP

**WHAT YOU NEED:**  
Good walking shoes  
Someone to walk with

### HOW TO PLAY:

Go for a long, hard power walk—this means pump your arms and walk fast, but don't run. Walking is a great form of exercise that will get your heart pumping and give you some time to talk with friends, siblings, or parents.

## 2 MUSICAL JOGGING

**WHAT YOU NEED:**  
Comfortable running shoes  
Music player (e.g., iPod) or your voice

### HOW TO PLAY:

There is nothing like a little music to make time fly. Go for a jog alone or with friends and listen to your favorite music or sing out loud. Singing will also make you work out your lungs a little more! Remember to ask a parent, and jog in safe areas or go with a parent or older sibling.

## 3 DANCE PARTY

**WHAT YOU NEED:**  
Your favorite music

### HOW TO PLAY:

Turn your room (or any room in the house) into a dance club. Turn down the lights, turn on the music, and work on your favorite dance moves. You can practice alone or teach and learn from your friends. Make sure that you move around enough to get your heart pumping!

## 3 MANIC MOVES

**WHAT YOU NEED:**  
Comfortable running shoes

### HOW TO PLAY:

Find a safe area to run, where you can identify 4 corners (around the block, around a park or playground or around a building). Walk from one corner to the next. When you get to the corner, do 10 jumping jacks. Jog to the next corner. Do 15 sit ups. Run to the next corner. Do 10 push ups. Sprint to the last corner. Do 20 toe touches. Repeat this once more, but feel free to change the activities—skip, cartwheel, or hop from one corner to the next, and do different exercises at the corners!

## 3 BIKING

**WHAT YOU NEED:**  
Bike  
Helmet

### HOW TO PLAY:

Simple: ride your bike for at least 20 minutes. Ask an adult where it is safe to ride—or better yet, ask them to ride with you! Remember to wear a helmet!

## 3 TUMBLING TAG

**WHAT YOU NEED:**  
A safe, open place to play

### HOW TO PLAY:

Play just like regular tag, except the person that is "it" has to crabwalk, and everyone else has to move by somersault, cartwheel, crabwalk, or other crazy move that the group agrees on. Be creative!

## 3 DIZZY BAT

**WHAT YOU NEED:**  
2 baseball bats  
2 bases

### HOW TO PLAY:

You will need at least 4 people to play—2 teams of 2. To start, pick a large, open space where you can run safely. Pick a place to start, and set the bats down about 5 giant steps apart. Then place the bases about 20 giant steps from the bats. One player from each team is the dizzy bat runner for the first round. The runners bend over so that their foreheads are on the flat ends of the bat (by the handles) and spin in a circle quickly 5 times. Then they race to see who can get to the base first. The other partner is there to make sure that they don't run into each other or anything else! Switch runners and try again. You can play with more teams or more people on a team and make it a relay!

## 3 HIP-HOPSCOTCH

**WHAT YOU NEED:**  
Chalk  
Pebble or stone

### HOW TO PLAY:

Draw out a hopscotch "board" on the sidewalk like normal, but instead of writing numbers in the squares, write the names of your favorite dances or athletic moves—make them up if you don't know any! Throw your stone like usual, and hop your way through to pick up the stone. At the end of the board, do the move written in the square your stone landed on!

## 3 ULTIMATE FRISBEE

**WHAT YOU NEED:**  
Frisbee  
2 teams of at least 3 people

### HOW TO PLAY:

This game is played a lot like soccer and football. Find a large place to play where you can decide on 2 goal lines/end zones. The more people you have on a team, the bigger the field should be. The idea is to throw the Frisbee to your teammates and get it down the field into your goal line. The trick is that you only get to take three big steps once you catch the Frisbee, and the other team is going to try to block your throw and catch! You may want to practice throwing and catching the Frisbee a few times with your team before you start.

## 3 BASKET VOLLEY

**WHAT YOU NEED:**  
Volleyball (or other type of ball)  
Basketball hoop

### HOW TO PLAY:

This game can be played when there is no snow, but it is lots of fun in the snow because you can't dribble a basketball in the snow! Using volleyball moves (setting, bumping, and digging), try to get the ball in the hoop. Try to use bumping and setting even on rebounds!