

Week 2: Fitness Fun

Try this mix of fitness moves and add more active fun to your summer day! Items required include music, 1" x 12" strips of plastic cut from a garbage bag, one potato, a pail and 10 empty or full water bottles.

- **Vroom, Vroom!**
 - **Items Required:** music
 - **Instructions:** We're going to warm-up our muscles by starting our engines. Begin by laying down on your stomachs. One parent shouts "Start your engines!" as the others rise to a hands and knees position and do 5-10 push-ups. Then yell, "Take-off," and the others will run around the yard flapping their arms. It's time to "ramp up," so now we're going to do 5-10 jumping jacks, then stop, drop to the ground, roll on our backs and do 5-10 sit-ups.
 - **Challenge:** Try to beat your personal best time and see how fast your engines warm up!
- **Animal Tag**
 - **Items Required:** 1" x 12" strips of plastic cut from a plastic garbage bag (each player needs two strips)
 - **Instructions:** Play for 10-15 minutes. Each player tucks two strips of plastic into their waistband to represent an animal tail. Then try to take another player's tail while avoiding losing your own. Every time you pull another player's tail, place it in your waistband. The one with the most tails at the end of the game wins!
- **Potato Drop**
 - **Items Required:** potato, pail
 - **Instructions:** At the start line the first player puts a potato between their knees. Then they'll race (walk, run, hop on one or both feet) to the finish line and drop the potato into the pail. No hands allowed! If racers drop the potato, they go back to the start line and start over.
 - **Challenge:** If you have enough players for two teams, you could have a race to see who reaches the finish line first!
- **Builders and Bulldozers**
 - **Items Required:** 10+ empty or full water bottles
 - **Instructions:** Divide into two groups; one group will be the *builders* and the other group the *bulldozers*. Spread the bottles around the yard, stand some of them up and lay the rest down. Shout, "Go," the *builders* will try to stand the bottles upright and the *bulldozers* will try to knock them over. About halfway through the game, switch the builders and bulldozers!