Welcome Back Workout

Eat a Healthy Breakfast
Gobble up your favorite healthy breakfast of eggs, oatmeal, fruit, milk, toast, or cereal! Use both arms to “eat” for 30 seconds.

Climb up the Bus Stairs
Lift your legs and pump your arms up those stairs! “Go up” 10 stairs.

Hang your Backpack
Squat down to get your bag and reach up high to hang it on the hook! Repeat this 5 times.

Sit Up Tall
Practice sitting up tall in your chair. Focus on good posture. Even try this without the chair! See how long you can hold chair pose.

Run at Recess
Run your heart out like you are going around the track during recess! Run in place for 30 seconds.

Walk Quietly Down the Hallway
Walk quietly (in place or practice a lap around the room) until your teacher tells you to stop.

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