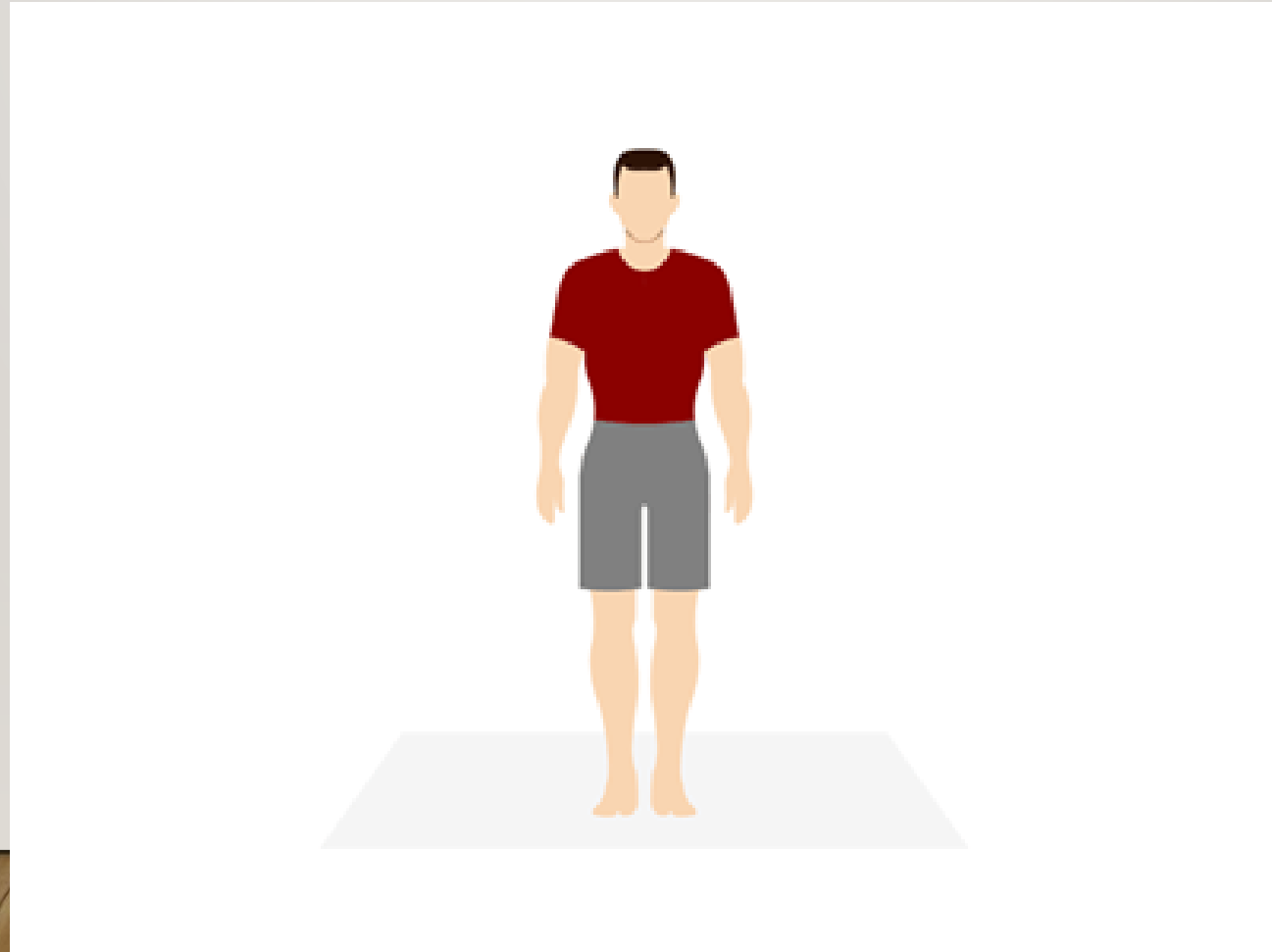


EXERCISE HOW-TO

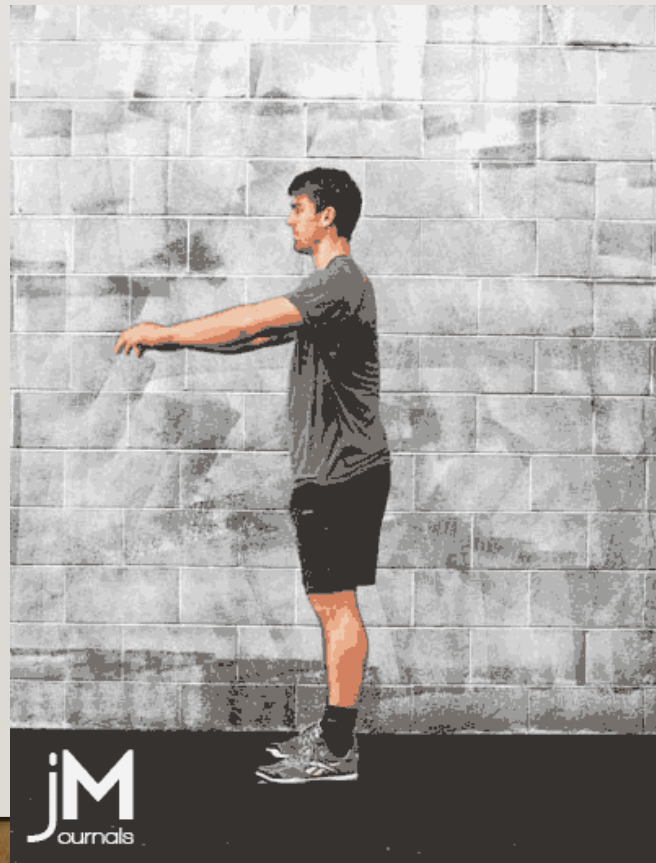
FOR KIDS



30 JUMPING JACKS – 5 POINTS



10 AIR SQUATS – 5 POINTS



30 SECOND ONE-LEGGED POSE – 5 POINTS



STRETCH FOR ONE MINUTE – 5 POINTS



30 SECOND HIGH KNEES – 10 POINTS



5-MINUTE WALK – 10 POINTS



35 CRUNCHES – 10 POINTS

Crunches



ePainAssist.com

5-MINUTE MEDITATION – 10 POINTS



20 KNEE-TO-CHEST JUMPS – 15 POINTS



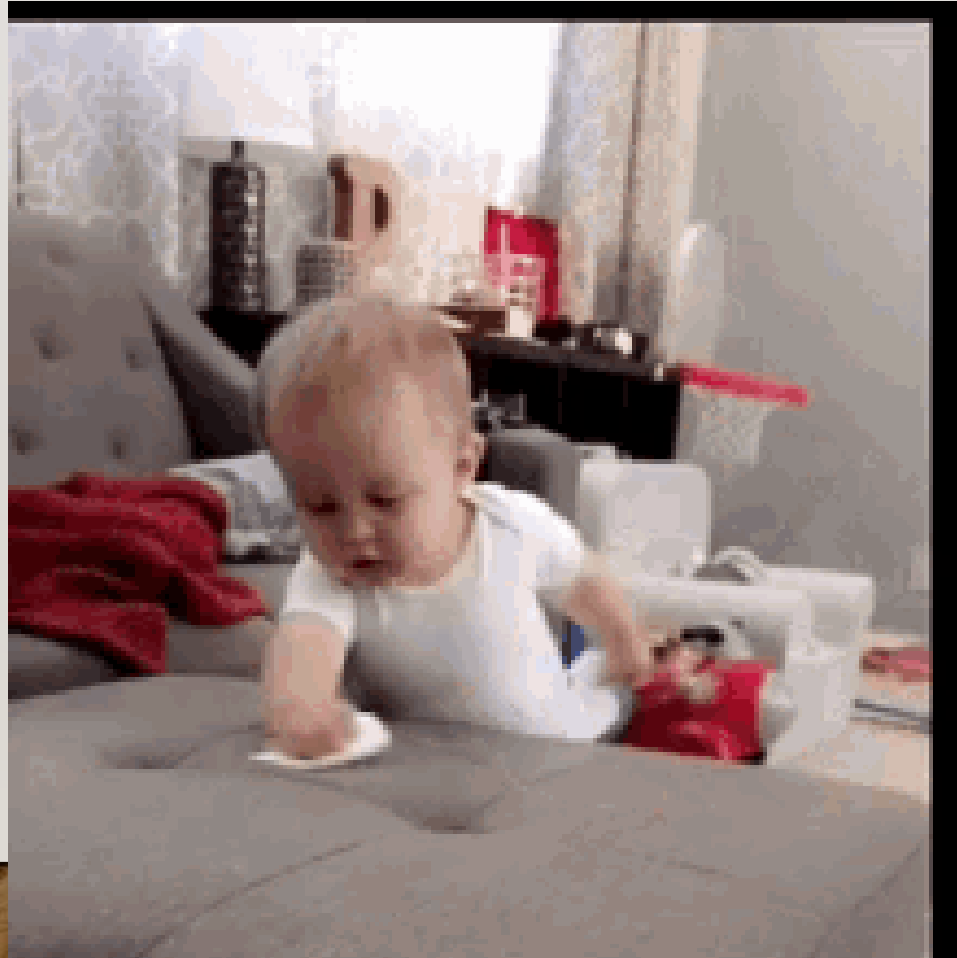
30-SECOND PLANK – 15 POINTS



20-FEET CRAB WALK – 15 POINTS



HELP YOUR PARENTS WITH CHORES – 15 POINTS



25 PUSH-UPS – 20 POINTS



15 BURPEES – 20 POINTS



ONE MILE RUN – 20 POINTS

