

Animal Walks



- Being active with children is easy if you let them use their imagination. When activity is a game, they will beg to play
- Ask each child what their favorite animal is, for example, a cat, fish, snake, or gerbil
- Have each child act out their favorite animal by walking, swimming, hopping, or slithering around the room
- Every 15-30 seconds, change the animal to something different from before
- Have races between children and parents while walking like an animal

- It is recommended that children spend at least an hour being active every day. It is also recommended that children do not spend more than an hour at a time sitting (watching tv, etc.)

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
