

**Silly Dancing**

---



- Being active with children is easy if you let them use their imagination. When activity is a game, they will beg to play.
- This game is excellent for younger children, letting their creativity shine through while being active
- Play some fun, upbeat music and dance along with your kids, seeing who can create the most silly dance
- You can combine this with a bit of musical chairs, but instead of walking around the chairs have the children dance. When the music stops, either have them sit on the chairs, or just freeze. If they keep moving, they are out for that round
- 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.

---