

Time for Fitness Fun



Complete some or all of these brain break activities. You will either count up to 100 or do the activity for 100 seconds. Use a timer to help you keep track of the seconds. Check off each activity you complete.



100 seconds of leg stretches for each leg

100 jumping jacks

100 knee lifts

100 hops on either foot

100 jumps with a jump rope

100 seconds of running in place

100 arm curls on each arm

100 seconds of marching in place

100 times touching your toes

100 seconds of deep breathing with eyes closed