**Fun Activity**

**Using the letters in the alphabet below: Spell your name and do the exercise for each letter in your name! Have fun! (For more fun, think of a favorite word, spell and exercise it!)**

A= Five Jumping Jacks

B= 10 Squats

C= 5 Push Ups

D= 10 March in place

E= 5 Running in place

F= 10 Bend and touch toes

G= 5 Sit-ups

H= 10 Reach to the sky

I= 5 Jumping jacks

J= 10 Squats (bend down and up)

K= 5 Touch knee and toes

L= 10 Arm Circles

M=5 Clap your hands

N= 10 Sit-Ups

O= 5 Jumping Jacks

P= 10 Touch knee and toes

Q= 5 Arm Circles

R= 10 Calf Raises (Raise your heels up and down)

S= 5 Neck Circles

T= 10 Leg Raises (lay on your back and keep legs together, lift up and down)

U= 10 Jumping Jacks

V= 15 Running in place

W= 10 Balance on Right foot

X= 10 Balance on Left foot

Y= 5 Superman (lay on stomach lift feet and arms off the ground and hold)

Z= 10 Clap your hands