

Exercise Path Activity

Physical activity is important for keeping your body healthy, especially your kidneys, heart and lungs! Try this activity to get kids, and family members, moving at home.

Appropriate for Elementary school age kids

What you need:

- Blank paper- can be printer paper, drawing paper or construction paper.
- Pens or markers
- Sidewalk chalk (optional if you want to do the activity outside instead)

Instructions:

1. Trace your foot print several times on separate pieces of paper. Try to get a few of both your left and right foot. Try to get at least 5-10 footprints total
 - a. If there are multiple people in the household each person can trace their feet a few times.
2. Inside each footprint write a simple physical activity like: "Do 10 jumping jacks", "Do 5 crunches or sit-ups", or "Run in place for 20 seconds"
3. Make a path by laying the footprints on around your house- maybe through a long hallway or large open room.
4. Have the kids follow the path and do the activities written on the footprints. See how many times they can get through the path in 20 minutes.
5. If you have a safe space to do this activity outside (driveway or sidewalk) you can use chalk to trace your feet and create the path instead.

This is a great way to stay active when you're stuck at home and need to get some wiggles out!