

# What's Your Name?

For a fun fitness activity, spell out your full name  
and complete the activity for each letter.

- |   |   |
|---|---|
| <b>A</b> Jump up & down 10 times                | <b>N</b> Bend down & touch your toes 10 times |
| <b>B</b> Spin in a circle 5 times               | <b>O</b> Hop like a frog 5 times              |
| <b>C</b> Pretend to jump rope for 20 seconds    | <b>P</b> Balance on your left foot 10 seconds |
| <b>D</b> Hop forward 5 times                    | <b>Q</b> Make 5 circles with a left arm       |
| <b>E</b> Flap you arms like a bird 20 times     | <b>R</b> Jump to the right                    |
| <b>F</b> Bend down & touch your toes 10 times   | <b>S</b> Pretend to hop scotch for 15 seconds |
| <b>G</b> Try to touch the clouds for 15 seconds | <b>T</b> Do 5 crunches                        |
| <b>H</b> Do 5 push-ups                          | <b>U</b> Reach for the stars for 15 seconds   |
| <b>I</b> Balance on your right foot 10 seconds  | <b>V</b> Bend down & touch your toes 10 times |
| <b>J</b> March in place for 20 seconds          | <b>W</b> Pretend to swim for 15 seconds       |
| <b>K</b> Make 5 circles with your right arm     | <b>X</b> Bend down & touch your toes 10 times |
| <b>L</b> Bend down & touch your toes 10 times   | <b>Y</b> Do 10 jumping jacks                  |
| <b>M</b> Jump to the left                       | <b>Z</b> Pretend to push in a chair 5 times   |