

Workouts for kids

Stand up! Get ready!



Workouts are fun and give you exercise. Exercise is good for you. Workouts keep you strong, fit and healthy. Workouts help you sleep well and you don't put on weight. Workouts also help you concentrate at school. Here's an easy workout you can do at school or at home.

1 Walk on the spot.



2 Turn around.



3 Touch your toes.



4 Stretch.



5 Tap your legs.



6 Tap your fists.



7 Thumbs to the left.



8 Thumbs to the right.



9 Roll your arms.

Start again!