

Simon Says

Fitness disguised as fun

Get everybody moving by playing Simon Says with these fun yet physical activities.

You decide when or if you say "Simon Says"

Shake your whole body

Jump up and down

Wave your arms
above your head

Hop like a frog

Walk on your knees

Scream

Lie on your back
and pedal your legs in the
air like you are on a bike

Show off the muscles
in your arms

Balance on your
left foot for a
count of 10

Hop on your left foot 10
times

Do a cartwheel

Pretend to shoot a
basketball 10
times

Pretend to ride a horse

Do the strangest dance
You can think of

Balance on your
right foot for a
count of 10

Balance on your right
foot for a count of 10

Reach behind you and
try and hold your right
foot with your left hand
without falling over

Pretend to jump
over a rope for
a count of 10