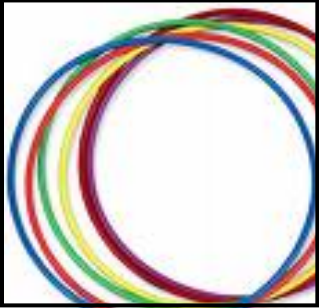


Get Equipped for Activity

Use This

Try This



Hula Hoop

This popular toy gets tummy muscles strong and can be used for a variety of games

Challenge other people to a hoola hoping contest or try to use the hoop around your neck, arms, or legs.



Jump rope

Jump ropes strengthen your lower body while giving you a good AEROBIC workout

Grab some friends and start jumping. Sing some skipping songs while you jump or compete to see who can jump the longest



Mini-cones

These little cones can be used to make obstacle courses or even as soccer goals in the yard

Set up the cones spread apart in a straight line and have a race to see who can swerve through them the fastest.



Mini-trampolines

These trampolines help with balance, coordination, and lower body strength as well as provide a good AEROBIC workout

Turn on the tunes and jump along with the beat. Try doing jumping jacks on the trampoline as well



Fitness ball

Exercise balls help with balance, coordination, and back and abdominal strength.

See how long you can sit with one leg raised and then try to balance with both legs raised. Most balls come with exercise instructions.