



# KidsRUN<sup>RVA</sup>



## ACTIVITY OF THE WEEK Candy Fit Stations

With this activity, you are going to move your body like candy! Complete each Candy Station as instructed!



### Gobstoppers Station

Squat down - STOP at the bottom, count to 10, then come back up. Do 10!



### Sweet Tarts Station

Do 10 Sweet Sit Ups.  
Do 20 Tart Tuck Jumps!



### Laffy Taffy Station

Stretch like Laffy Taffy! Pick your 3 favorite stretches & do each one for 10 sec.



### Now & Later Station

Do 10 push ups NOW. Come back LATER & do 10 more push ups



### Nerds Station

Do the Nerd Walk! Take 30 steps lifting your knees up high & out to the side!



### Starburst Station

Do 15 Star Jumps - jump, extend your arms & legs to make a star shape!



### Mars Bars Station

Do 15 jump squats, jumping high like there is no gravity holding you down!



### M & M Station

Take deep breaths in & out for 30 sec to calm your Mind. Move your body, any exercise, for 1 min.



### Skittles Station

Taste the rainbow! Make your body into a rainbow shape & hold for 20 sec.

Got questions? Get answers by emailing  
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