



# KidsRUN<sup>RVA</sup>

## ACTIVITY OF THE WEEK

### Fill My Plate



Think about all of the food you want on your plate on Thanksgiving. For each food you want, do the exercise associated with that food!

On Thanksgiving I will fill my plate with . . .	So today I will fill my plate with . . .
Turkey	High knees across the room & back
Stuffing	20 pushups
Mashed Potatoes	Wall Sit – 2 times, 30 seconds each
Green Bean Casserole	15 diamond pushups
Rolls/Biscuits/Bread	Jump squats – 2 sets of 10
Butter	Lunges across the room & back
Gravy	Side lunges – 15 on each side
Sweet Potato Casserole/Candied Yams	15 squats – 2 sets
Corn	Jumping Jacks – 2 sets of 20
Salad	Super Man – 3 times, hold 10 sec each
Deviled Eggs	Sit Ups – 2 sets of 15
Carrots	20 Ice skaters
Macaroni and Cheese	Burpees – 2 sets of 10
Potato Salad	Butt kicks across the room & back
Greens	Cobra & Child's Pose – 15 sec each
Ham	20 arm circles forward, 20 backwards
Fried Chicken	Mountain Climbers – 2 sets of 15
Cranberry Sauce	Front kicks across the room & back
Pie	15 Plank Jacks
Ice cream	Plank – 2 @ 30 sec each
Brussel Sprouts	Calf stretch & Butterfly – 15 sec each
Cake	25 Calf Raises
Squash	20 Bridges
Cheese & Crackers	Side plank – 30 sec on each side
Shrimp	30 Washing Machines
Cabbage	3 laps around the room
Other Food Not Mentioned Here	Exercise <u>Of</u> Your Choice!

Got questions? Get answers by emailing  
[KidsRunRVA@sportsbackers.org](mailto:KidsRunRVA@sportsbackers.org)