



Kids Run RVA Activity of the Week

Week 1: Never Have I Ever - Fitness Style

Read the statements below. For every one that you HAVE DONE, do the exercise. If you haven't done it, you can skip that exercise!

Never have I ever gone a whole day without brushing my teeth. - 24 jumping jacks

Never have I ever played video games for more than 4 hours in a day. - 10 push ups

Never have I ever eaten raw cookie dough. - Wall sit & Count to 20

Never have I ever been sent to the principal's office. - Jog in place for 30 seconds

Never have I ever fallen asleep in class. - Arm Circles - 10 forward, 10 back

Never have I ever stayed up past midnight. - 15 squats

Never have I ever eaten so much candy I was sick to my stomach. -10 star jumps (jump up and extend your arms & legs to make a star shape)

Never have I ever let a dog lick my face. - High knees for 20 seconds

Never have I ever played a prank on an adult. - Plank for 30 seconds

Got questions? Get answers at the Workout Wednesday Club or by emailing KidsRunRVA@sportsbackers.org