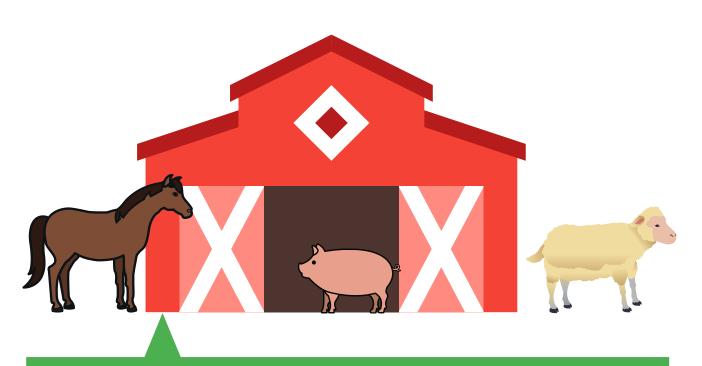
KidsRUNS FALL FIT CLUB ACTIVITY State Fair Fitness Tour

Follow the arrows & take a fitness journey through the State Fair!

Do 10 of each exercise you find along the way!



SKIP this way



Don't miss the farm animals at the barnyard! **SQUAT** down low to get a good look into the pig pen!

Check out the show in the carnival tent! **JUMP** up and down as you cheer on the acrobats!



30G this way

Grab a bite to eat at the food truck! Do **PUSH UPS** to show off your muscles to passerbys!



Take a ride on the ferris wheel! Do ARM CIRCLES as you go round & round!



Play a game to win a prize!

THROW as hard as you can to knock over the glasses!



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