Active Indoors
Fun Fitness Tips for Any Weather

Healthy Habits 4 Life

When it's too rainy, cold, or hot to play outside, don't worry—there are lots of ways to get moving indoors. Here are some fun ideas to keep your body and mind active at home, at school, or anywhere you have a little space!

Move Your Body, Your Way

- **Dance Party Time:** Turn up your favorite tunes and make up your own moves. Or learn the latest viral dance.

- **Balloon Keep-Up:** Challenge yourself (or friends) to keep the balloon in the air as long as you can—add more balloons as you get better!

- **Commercial Break Challenge:** Watching TV? Make every commercial an *active* break:

  - Do jumping jacks
  - Jog in place
  - Climb stairs
  - Try push-ups
  - Do squats or lunges

Get Creative at Home

- **Stair Climbing Challenge:** Start from the lowest level of your house and climb every set of stairs—how many can you do in a row?

- **Housework Workout:** Vacuuming, sweeping, or scrubbing floors gets your heart pumping! Try timing yourself and racing your own record.

- **DIY Weights:** Fill empty milk jugs with water to create your own strength-training equipment.

Indoor Circuit Workout

Create your own mini gym at home! You'll need:

Music   **Jump Rope**   **Hula Hoop**   **Ball**   **Mat or Towel**

Set up 5 stations:

1 Jump Rope – Regular or fancy footwork for 1 minute.

2 Hula Hoop – See how long you can keep it spinning!

3 Push-Ups – On your mat, try as many as you can!

4 Jumping Jacks – Raise those arms high!

5 Sit-Up Toss – On your back, hold a ball overhead, do a sit-up, toss the ball up, catch it, repeat!

Do each station for 1 minute, then rest and drink water for 2 minutes
(march in place to keep moving).

Repeat the circuit 3 times—about the length of 7 of your favorite songs!

More Fun Indoor Fitness Resources

GoNoodle (Free dance & movement videos for kids)

Cosmic Kids Yoga (Fun yoga adventures)

Fitness Blender (Free family-friendly workout videos)

Every bit of movement counts—so have fun, get creative, and keep moving!

Your body and mind will thank you!

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