

# SIMON SAYS IDEAS

*Fitness disguised as fun!*

**Shake your whole body**  
**Hop like a frog**  
**Bend and touch your toes 10**  
**times**  
**Hoop around like a bunny**  
**Take 5 giant steps forward**

**Jump up and down**  
**Wave your arms**  
**Dance a crazy dance**  
**Walk like a crab**  
**Stand on your foot for 10**  
**seconds**

