

# Exercise Kids Cards



Fun exercise games to engage and entertain your children while you are exercising!



**Directions:** Before you start using these exercise cards, please take the time to read how the parents do these exercises with your children so that they know how to do them first to avoid injury. Place the card deck in a spot near your workout area. When your children are ready to participate, select a card at random for them to do.

**\*PLEASE NOTE:** I am not a medical professional, nor do I pretend to be one. Please address any physical or medical concerns with these exercises with your medical professional prior to using these for the first time.

