

Commercial Commotion



When watching TV, playing video games or using the computer; be sure to give your bottom a break.

Do the Commercial Commotion! Get up and exercise during the commercials! Here is a list of exercise that you can do in front of the TV.

1. Jumping Jacks
2. Sit-ups
3. Push-ups
4. Marching in Place
5. Stretch

6. Leg lifts
7. Squats
8. Lifting light hand weights
9. Toe touches
10. Yoga



You can also do the Commercial Clean-up! When a commercial is on the TV get up and do a small chore like the ones listed below. This way your room is clean and your parents are happy too!

1. Make your bed
2. Fold your laundry
3. Pick up toys



4. Vacuum
5. Dust
6. Dishes