



Backyard Push Up Challenge!



Energy Food Drink of Champions



Download this printable for your child to use as often as you like. Switch it up, use favourite tv shows, new vocabulary words. Make it fun and let's see if they can finish this challenge.



Energy Food Drink of Champions

Move with MILO® activity for KIDS!

Can you do the exercises the spell out your name?



- A** Jump up and down 10 times
- B** Spin around in a circle 5 times
- C** Run to the nearest door and run back
- D** Walk like a bear for a count of 5
- E** Do 3 cartwheels
- F** Do 10 jumping jacks
- G** Hop like a frog 8 times
- H** Balance on your left foot for a count of 10
- I** Balance on your left foot for a count of 10
- J** March like a toy soldier for a count of 12
- K** Pretend to jumpy rope for a count of 20
- L** Do 3 somersaults
- M** Pick up a ball without using hands
- N** Walk backwards 50 steps and skip back
- O** Walk sideways 20 steps and hop back
- P** Crawl like a crab for a count of 10
- Q** Walk like a bear for a count of 5
- R** Bend down and touch your toes 20 times
- S** Pretend to pedal a bike with your hands for a count of 17
- T** Roll a ball using only your head
- U** Flap your arms like a bird 25 times
- V** Pretend to ride a horse for a count of 15
- W** Try and touch the clouds for a count of 15
- X** Walk on your knees for a count of 10
- Y** Walk on your knees for a count of 10
- Z** Walk on your knees for a count of 10



The greatest test of **MILO**® strength is backyard Tug of War!



Challenge your family to a Jumping Jacks Competition!





Simon Says! Move with MILO® Edition

Simon Says! Move with MILO® Edition



- Shake your whole body.
- Jump up and down.
- Spin around in circles.
- Do a cartwheel.
- Do a somersault.
- Wave your arms above your head.
- Walk like a bear on all 4s.
- Walk like a crab.
- Hop like a frog.
- Walk on your knees.
- Lay on your back & pedal your legs in the air like you are on a bike.
- Pretend to sit in an invisible chair 5 times (sit then stand, etc.)
- Hold your arms out at your side and make circles with them in the air.
- Hop on your left foot 10 times.
- Hop on your right foot 10 times.
- Hop around like a bunny.

- Balance on your left foot for a count of 10.
- Balance on your right foot for a count of 10.
- Bend down and touch your toes 10 times.
- Reach behind you and try and hold your right foot with your left hand without falling
- Show off the muscles in your arms.
- Reach behind you and try and hold your left foot with your right hand without falling.
- Lay on the floor and stretch out as far you can for 10 a count of 10.
- Pretend to shoot a basket- ball 10 times.
- Pretend to jump rope for a count of 10.
- Pretend to ride a horse.
- Pretend to milk a cow.
- Take 5 of the biggest steps forward that you can.
- Pretend to lift a car.
- Do the strangest dance you can think of.
- Scream.



Get your kids moving with Simon Says!
You decide when you say "Simon Says"



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