



A NOVEMBER STUFFED WITH FITNESS

Directions: Spell the word on each day using the fitness alphabet letter bank. on page 2. Spell each word twice.

DAY 1: **N O V E M B E R**

DAY 16: **H A R V E S T**

DAY 2: **A U T U M N**

DAY 17: **W I S H B O N E**

DAY 3: **D E L I C I O U S**

DAY 18: **C O R N U C O P I A**

DAY 4: **G O B B L E**

DAY 19: **S Q U A S H**

DAY 5: **F R I E N D S H I P**

DAY 20: **S T U F F I N G**

DAY 6: **G R A T E F U L**

DAY 21: **C R A N B E R R Y**

DAY 7: **G A T H E R I N G**

DAY 22: **T U R K E Y**

DAY 8: **F A M I L Y**

DAY 23: **T H A N K S G I V I N G**

DAY 9: **A M A Z I N G**

DAY 24: **L E F T O V E R S**

DAY 10: **B R E A D**

DAY 25: **H A P P I N E S S**

DAY 11: **L E A V E S**

DAY 26: **T R A D I T I O N**

DAY 12: **F O O T B A L L**

DAY 27: **H A Y R I D E**

DAY 13: **E X C I T E M E N T**

DAY 28: **P A R A D E**

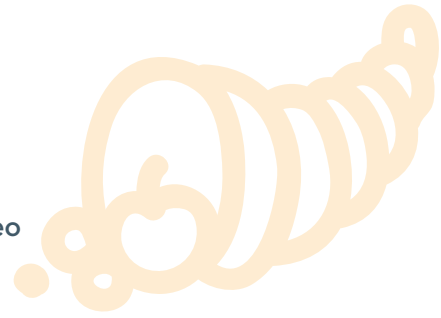
DAY 14: **C I D E R**

DAY 29: **A C O R N**

DAY 15: **P U M P K I N S**

DAY 30: **A P P L E P I E**

FITNESS WORD BANK



Directions: Click on the fitness movement to view a short demonstration video

- | | |
|--|---|
| A 10 second Air Jump Rope | N 10 second Plank High 5's |
| B 15 second Jumping Jacks | O 15 second Air Punches |
| C 10 second Hand Walk | P 20 second Flamingo Stretch |
| D 20 second Side Lunges | Q 10 second Push-ups |
| E 10 second Inch Worms | R 20 second Spider Lunges |
| F 15 second Mountain Climbers | S 15 second Butt Kickers |
| G 20 second High Kicks | T 10 second Ice Skaters |
| H 10 second High Plank | U 20 second Heel Drops |
| I 15 Seated Flutter Kicks | V 15 second Calf Raises |
| J 20 second Twists | W 20 second Bridge Pose |
| K 10 second Squat Jumps | X 10 second Air Drumming |
| L 15 second Shoulder Taps | Y 15 second Seal Jacks |
| M 15 second Crab Toe Touch | Z 15 second Shoulder Stretch |



Show off your awesome moves, record yourself, and share on social media.
Don't forget to tag Fit Kids for a chance to win cool Fit Kids goodies!



@fitkidsfoundation



@fitkidsfoundation

www.fitkids.org