

Commercial Champion Challenge

Cut out the exercise suggestions below, and place them in a jar. During commercials take turns drawing an idea and doing it as a family. Don't forget to record how long you watch TV on the TV Time Mash-up Log!

Stand up and do 30 jumping jacks

Take 10 laps around the dining room table

Do 10 push-ups

Do 20 sit-ups

Sit on the floor and try to touch your toes for the remainder of the commercial

Stand up and do 10 squats

Stand up and do 20 lunges in place

Hold a plank for 30 seconds

Hop on one leg for 15 hops then switch legs

Jump like a frog to the front door and back

Find a stair and jump up then down 20 times

Do wall sits until your show comes back on (sit like you are in a chair with your back against the wall)

