

Pick A Color Fitness

RED	March in place like a soldier / marching arms
BLUE	Tummy Twists
GREEN	Wave arms overhead
YELLOW	Touch toes
ORANGE	Run/push to nearest door and back
PURPLE	Flap arms like a bird
BROWN	Slither like a snake
BLACK	Clam shell
PINK	Elephant Stomp / arms like a trunk
WHITE	Shake your whole body