

Iditer-cise!

Alright, everybody up so we can Iditer-cise. We're going to say each letter in the word Iditarod and punch out the sounds like a boxer. In between we'll get in shape by running, jumping, and exercising our bodies and brains. Come on!

I-d-i-t-a-r-o-d

Now run in place like a great lead dog!

I-d-i-t-a-r-o-d

Let's pretend to jump rope!

I-d-i-t-a-r-o-d

Super job! Now wave your arms in the air and dance around like the winner you are!