



## Find a group!

Join a recreational ball team, group fitness class, or online activity forum to find like-minded people and increase your activity accountability. **Move to help your mood!** 

# Warm up:

### Start with these moves to get your body ready.

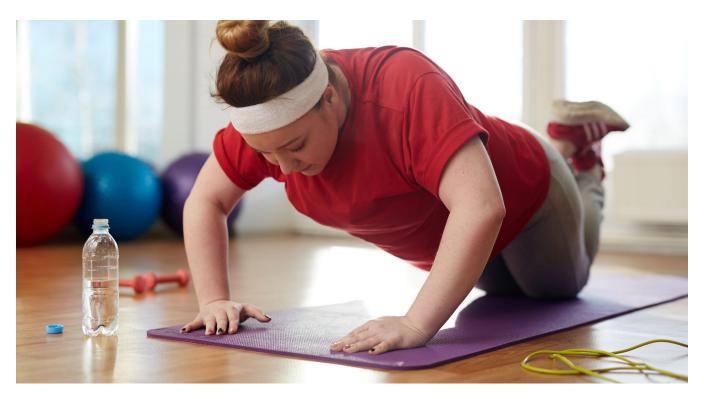
- Standing Arm Circles 30 seconds
- March in Place 1 minute
- Air Squats 30 seconds
- Jumping Jacks 1 minute

### **Workout:**

Complete the following moves, resting as needed. Repeat movement circuit as many times as you are able, with correct form.

- Wall Pushups
- High Knees 15 reps
- Donkey Kicks 15 reps
- Jump Squats 30 seconds
- High Knees 15 reps
- Donkey Kicks 15 reps
- Jump Squats 30 seconds

Need help with the workout movements or want more workouts for home? Visit www.plan.eat.move.com for more information.



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