



FIT TIP 11

Do stretches or exercise while watching television or during commercials or sporting events, try doing crunches (mix it up with squats, pushups and planks!). **Move to help your mood!**

Warm up:

Start with these moves to get your body ready.

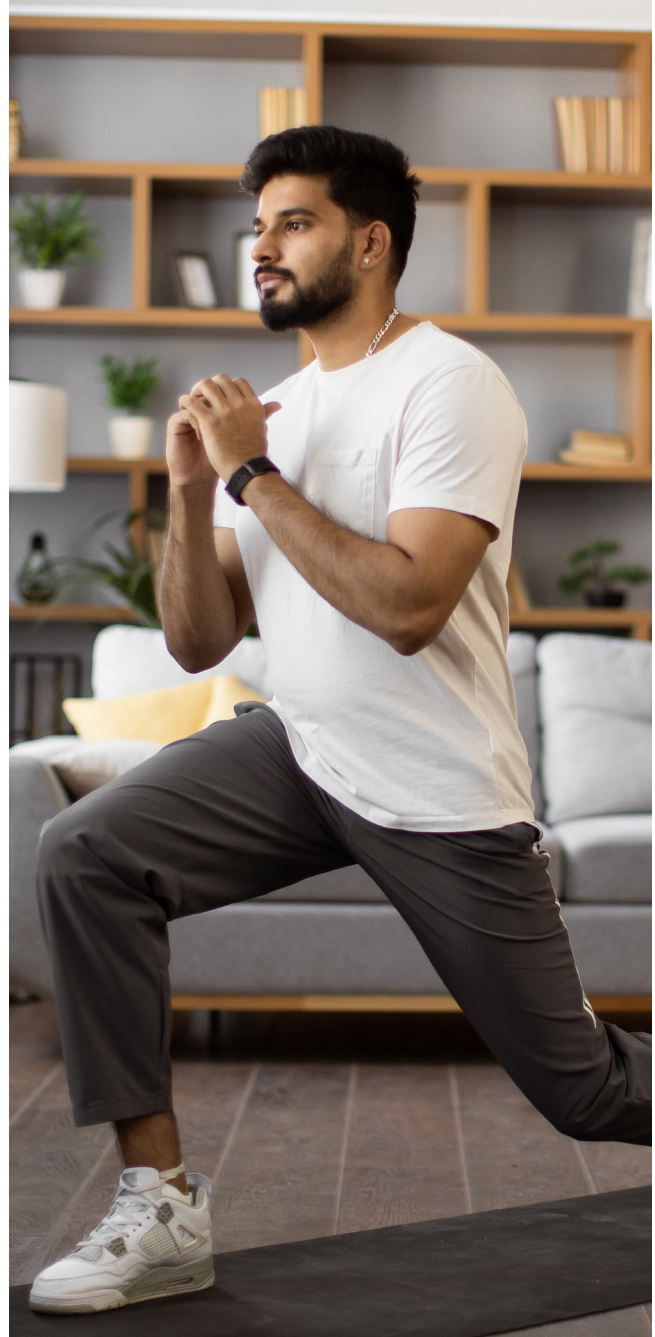
- Standing Arm Circles — 30 seconds
- March in Place — 1 minute
- Air Squats — 30 seconds
- Jumping Jacks — 1 minute

Workout:

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

- Walking Lunges — 15 each leg
- Situps — 15 reps
- Wall Sit — 30 seconds
- Walking Lunges — 15 each leg
- Situps — 15 reps
- Wall Sit — 30 seconds

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



Authors: Natalie Jones, former Extension Specialist for Family Health, University of Kentucky Cooperative Extension Service and Katherine Jury, Senior Extension Specialist for Family Healthy, University of Kentucky Cooperative Extension Service.

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