



## FIT TIP 12

### When you can, get outdoors!

Take a hike, walk your neighborhood, or explore a new park to enjoy different scenery while exercising. **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:

Repeat movement circuit as many times as you are able, with correct form.

- Squat to Calf Raises — 15 reps
- Butt Kicks — 15 reps
- Low Plank — 30 seconds
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- Butt Kicks — 15 reps
- Low Plank — 30 seconds

Need help with the workout movements or want more workouts for home? Visit [www.plan.eat.move.com](http://www.plan.eat.move.com) for more information.



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