



## FIT TIP 18

### It's all in the family!

Involve your family in physical activity by playing outdoors with your kids, taking a family walk after dinner, or having a dance party in your living room!

### Warm up:

Start with these moves to get your body ready.

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

### Workout:

Complete the following moves, resting as needed. Repeat the circuit as many times as you can, with the 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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