



## FIT TIP 2

Replace regular sedentary activities such as watching TV with a more physically active alternative such as walking after dinner. Even just standing more and sitting less helps. **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. Perform each movement for 40

seconds. Rest for 20 seconds and move on to the next exercise. Repeat as needed.

- Wall Pushups
- Jog in Place
- Bodyweight Walking Lunges
- Jumping Jacks
- Russian Twists
- Burpees
- Side Plank Hold (Right Side)
- Side Plank Hold (Left Side)
- High Knees
- Pushups
- Bodyweight Squat
- High Plank Hold

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



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