



## FIT TIP 4

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.

#### Set #1

- Glute Bridge — 20 reps
- Bodyweight Lunges — 12 reps each leg
- Squat and Side Leg Lift — 12 reps each leg

#### Set #2

- Squat Jumps or Calf Raises — 12 reps
- Bench Step Up — 12 reps each leg
- Alternating Side Lunge — 12 reps each leg

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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