



FIT TIP 5

Physical activity can help adults by improving quality of life, bone health, and sleep. It reduces risk of cancer, depression and anxiety. It doesn't matter what you do, it just matters that you get up and get moving!

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.

Repeat as needed.

- Squat to Calf Raise — 10 reps
- Situp — 10 reps
- Wall Sit — 1 minute
- Air Squat — 10 reps
- Bench Triceps Dip — 10 reps
- Butt Kicks — 1 minute
- Glute Bridge — 10 reps
- Pushups — 10 reps
- Plank — 1 minute

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.

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT