



## FIT TIP 8

### Take 10!

Do at least 10 minutes of activity at a time to reach your weekly activity goal. Add a 10-minute walk to your lunchtime routine, or before and after work.

### 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.

- Heel Raises — 15 reps
- Glute bridges — 15 reps
- High Plank — 30 seconds
- Heel Raises — 15 reps
- Glute bridges — 15 reps
- High 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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