

Let's get going!

Move, have fun and exercise together.

How to use these cards:

- Mix and match these fun exercises to enjoy physical activity as a family.
- Start with a few exercises from the Full Body category to warm up your muscles and get your heart pumping.
- Pick one or two cards from each of the five categories for a full body workout.



AIM FOR 60 MINUTES OF DAILY PHYSICAL ACTIVITY FOR CHILDREN AGES 6-17, AND 30 MINUTES FOR ADULTS.

- Pick a card to do during commercials or during your favorite song.
- Take turns choosing cards at random.
- Designate a day each week for each family member to select cards.

Safe exercise tips:

- Remember, go slow; form is more important than speed or amount.
- If an exercise is too hard, slow down and do it less. Safety first!
- If you feel a sharp pain, STOP!
- If an exercise is too easy, repeat it a few more times, or cycle through your chosen cards two or three times.

Always consult your doctor or pediatrician before starting regular physical activity.



Frog Hops



**FULL BODY
WORKOUT**

- Simply squat like a frog and hop!
- Stand with feet shoulder-distance apart
- Lower into a squat, put your hands on the ground between your feet, like a frog
- Leap forward, land back into the frog position



**30-60
SECONDS**

Duck Waddles



**FULL BODY
WORKOUT**

- Crouch into a low squat with your hands on your ankles
- Take a step forward, one leg and quack at a time



**30-60
SECONDS**



Crab Walks



**FULL BODY
WORKOUT**

- Begin seated with your feet and hands flat on the ground, knees pointing up
- Lean back and use your arms to lift up off the floor
- Walk forward or backward



**30-60
SECONDS**



Bear Crawls



**FULL BODY
WORKOUT**

- Start on your hands and knees, then lift your knees off the ground
- Crawl forward on hands and feet



**30-60
SECONDS**



Jumping Jacks



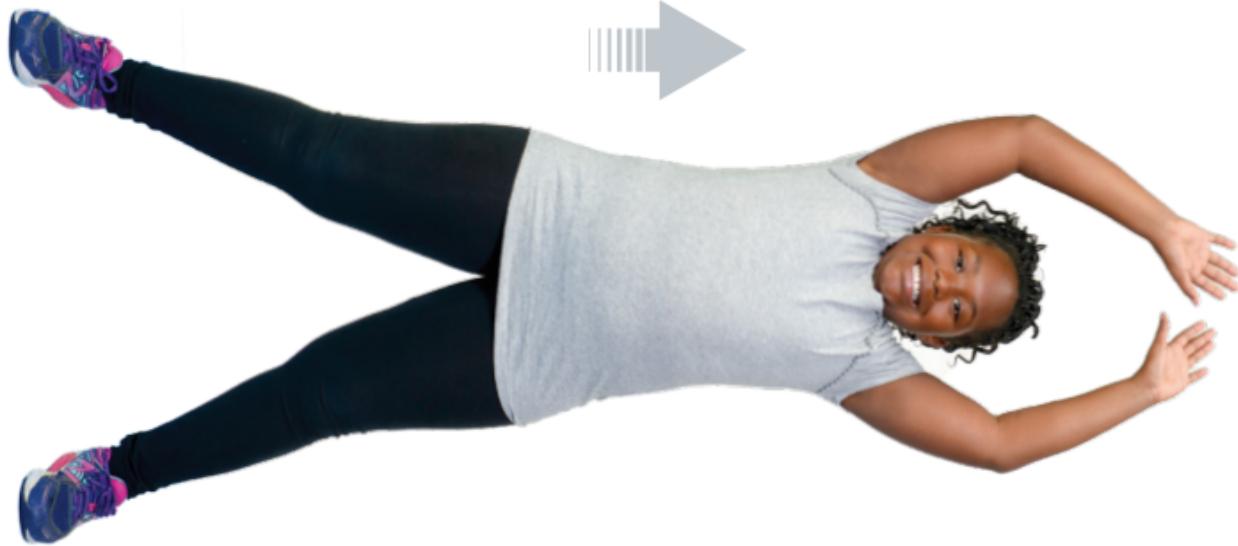
**FULL BODY
WORKOUT**

- Start with hands by your sides and feet together
- Jump with your feet out to the sides, and raise your arms above your head
- Reverse the motion back to starting position
- Repeat and continue jumping in a fluid motion

A



B



⌚ 30-60
SECONDS

Jogging with Heel Kicks



**FULL BODY
WORKOUT**

- Stand in place, and begin to jog
- Kick your heels up behind you as high as you can



⌚ 30-60
SECONDS

Rocket Skips



**FULL BODY
WORKOUT**

- Take a step to skip, jumping up as high as you can on one foot while shooting your fist on the same side into the air
- Repeat, blast off with each skip-step you take



30-60
SECONDS

Knee Taps



**FULL BODY
WORKOUT**

- Stand with your arms straight out in front of you
- Run or march in place, lifting knees high to tap your palms



30-60
SECONDS

Dance Off!



**FULL BODY
WORKOUT**

Turn up the music, and see
who has the most moves!



 60
SECONDS

Calf Raises



**LEG
WORKOUT**

- Stand with feet together, and use a chair or wall for balance
- Raise your heels until you are balancing on your tippy toes, or the balls of your feet
- Hold position for two seconds, then slowly lower heels back down until both feet are flat on the ground
- For more balance, move feet further apart

A



B



**REPEAT
5-15 TIMES**

Squats



**LEG
WORKOUT**

- Stand with feet hip-width apart
- Lower down as if you were about to sit, keeping your back straight and pushing your bottom out behind you
- Raise arms straight in front of you for balance, making sure you can see your toes over your knees
- Hold position for one second after thighs are parallel to the floor
- Return to standing position



**REPEAT
5-15 TIMES**



Side Leg Lifts



**LEG
WORKOUT**

- Lie on your side, facing forward with legs out straight, rest head on your hand
- Lift your top leg up two feet, pause for three seconds
- Lower to starting position
- Repeat on each side



**REPEAT
5-15 TIMES**

A



B

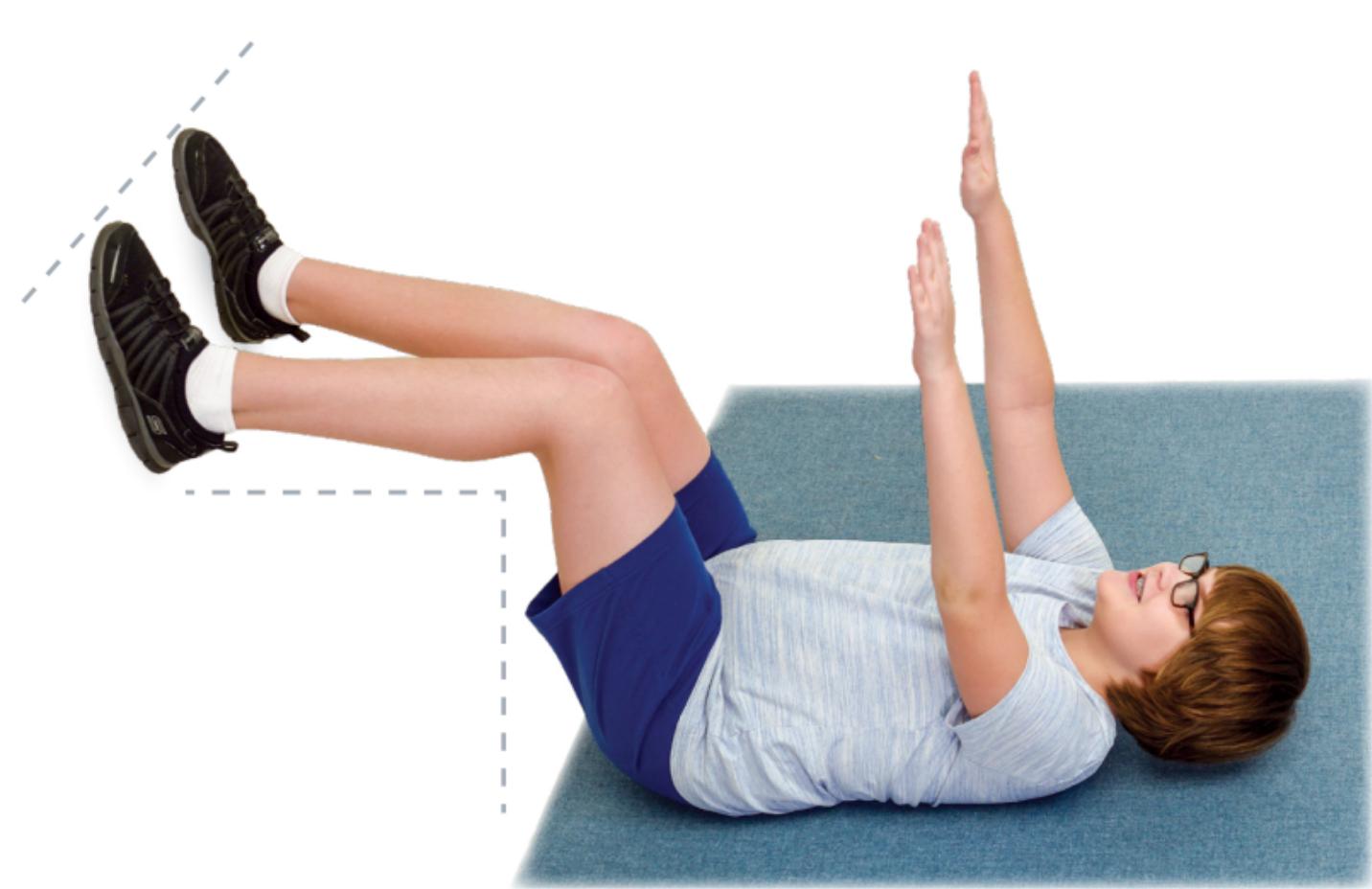


Wall Sits



**LEG
WORKOUT**

- Lean against a wall with your feet shoulder-distance apart, and your arms straight out in front of you
- Slide your back down the wall until your thighs are parallel to the floor, like sitting down in a chair
- Hold, then slide back up to the starting position



30-60
SECONDS

Chair Steps



**LEG
WORKOUT**

- Stand with feet hip-distance apart in front of a sturdy, stationary chair or tall step, facing toward you
- Step up onto the chair with one foot, bringing the other foot to rest beside it
- Step down with the leading foot, bringing the other foot down to rest beside it
- Alternate lead foot each time
- Step it up!



REPEAT
5-15 TIMES

Crunches



**ABDOMINAL
WORKOUT**

- Lie on your back with knees bent and pointing to the sky, with hands by your side and pointing down toward your feet
- Reach for your ankles by squeezing your belly muscles and slightly lifting your shoulders off the floor
- Hold for one second, then return down to the starting position



**REPEAT
5-15 TIMES**

A



B



Butterfly Kicks



**ABDOMINAL
WORKOUT**

- Lie on your back with arms by your sides, palms down
- Lift heels about 6 inches off the ground
- Make small up and down scissor movements with legs, fluttering like butterfly wings
- Be sure to keep your back on the ground

 30-60
SECONDS

Reach for the Sky



**ABDOMINAL
WORKOUT**

- Begin on your back with your legs stretched-out and arms reaching for the sky
- Sit up and reach for your toes with stretched-out arms
- Hold for one second, then slowly return to the starting position



REPEAT
5-15 TIMES

Push-ups



**ARM
WORKOUT**

- Start on your hands and knees, with hands slightly wider than shoulder-distance apart
- Walk your hands forward several steps while keeping your back as straight as a board
- Use your arms to lower your chest down as far as you can, or until your chin almost touches the floor, keeping your belly tight and back straight
- Push your chest up to return to starting position
- **Easier Option:** Perform same movement leaning against a wall



REPEAT
5-15 TIMES

Arm Circles



**ARM
WORKOUT**

- Extend arms straight out to either side
- Draw large circles with your arms while keeping them extended
- Change direction, draw circles backward
- Repeat each direction



 **REPEAT**
5-15 TIMES

Triceps Dips



**ARM
WORKOUT**

- Sit on the edge of a chair, and place your hands at your sides, gripping the chair
- Slide your bottom off the seat
- Bend at your elbows to lower your body down
- Push yourself up until your arms are straight
- Repeat up and down as if you're scratching your back with the chair, without your back touching it



**REPEAT
5-15 TIMES**



Tippy Toes Balance



**BALANCE
WORKOUT**

- Stand with legs hip-distance apart near a wall or sturdy chair in case you need help to balance
- Raise your heels so you're on your tippy toes and hold
- Try to balance without help as long as you can



15-60
SECONDS

Flamingo Balance



**BALANCE
WORKOUT**

- Stand with legs hip-distance apart near a wall or sturdy chair in case you need help to balance
- Slowly raise one knee until your thigh is parallel with the floor, then hold
- Try to balance without help as long as you can
- Repeat on other leg



15-60
SECONDS

Bunny Hop on One Foot



**BALANCE
WORKOUT**

- Bend one knee, and lift it off the floor
- Hop on the other foot
- Repeat on both sides



15-30
SECONDS