American Heart Association.

25 WAYS TO GET MOVING AT HOME





1. Run in place for 30 seconds



2. Dance party for 1 minute

3. Stand up and sit down 10 times



4. Read standing up

5. Hot lava! Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

6. Jumping jacks for 30 seconds

7. Do the hokey pokey

8. See how many squats you can do in 15 seconds

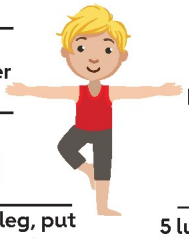
9. Stand up, touch your toes



10. Wall sits while reading

11. One-minute yoga

12. Stretch your hands high over your head



13. Arm circles forward for 30 seconds, arm circles backward for 30 seconds

14. 10 frog jumps



15. Standing mountain climbers for 30 seconds

16. Stand on one leg, put your hands up, put your hands out to the side

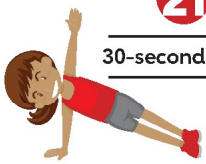
17. 5 lunges on the right leg, 5 lunges on the left leg

ABC XYZ

18. Practice spelling, do a squat for every vowel

19. Run in place for 30 seconds, check your heart rate

20. Practice spelling by doing a jumping jack for each letter



21. 30-second plank

22. Practice math problems, do a jumping jack every time the answer is an even number

23. 20 leg lifts

24. Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

25. High knees for 30 seconds

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