STAY ACTIVE AT HOME WITH THESE SIMPLE EXERCISES!

STAY MOVING!
Go through these exercises 2-3 times in a row a few times a day to ensure you’re keeping your body moving, which can help build defense against a virus. Staying active is good for mind, body, and soul and will keep you happier and healthier!

LUNGES
With a straight back, and hips facing forward, take a step forward with one leg and bend the knee until both of your knees are at a 90 degree angle. Make sure your front knee does not pass over the top of your front toe. Stand up straight, and change legs!

PUSH-UPS
Start with your hands and knees on the ground. Put your hands the same distance apart as your shoulders, lift your knees if you can, and straighten your legs. Bend your elbows and lower your body as far to the ground as you can go and re-straighten your arms!

PLANK
Put your elbows on the ground and your body in a straight line parallel to the floor. Tighten your core and try to keep your shoulders and back as straight as possible (no drooping or arching!). Hold for one minute or as long as you can!

JUMPING-JACKS
From a standing position with your arms by your side and your feet together, jump and land with your legs wide apart and your arms up to the sky. Jump again and return to start. Repeat!
I got 30 or more minutes of physical activity.

I drank enough water.

I stretched my body.

I ate fruits and veggies.

I shared appreciation for someone or something.