

Get Moving at Home!



- **Warmup: Get the blood flowing**
 - **Arm circles - 1 min**
 - **Neck rolls - 1 min**
 - **Jump in place - 3 min**
- **Main Workout: Your Simple Daily Movement Plan**
 - **Bodyweight Squats - 3 sets of 10 reps**
 - **Tip: Use a chair for balance!**
 - **Step-Ups - 3 sets of 10 reps**
 - **Tip: Use home stairs or sturdy stool!**
 - **Knee Raises - 3 sets of 10 reps**
 - **Tip: Hold wall for support!**
 - **Jumping Jacks - 3 sets of 10 reps**
 - **Tip: Be light on your feet!**



- **Cooldown: Finish with a Relaxing Stretch**
 - **Deep Breathing - 2 min**
 - **Forward fold - 1 min**
 - **Seated twist - 1 min on each side**
 - **Ankle rolls - 1 min each direction each foot**