



FIT TIP 10

Find a group!

Join a recreational ball team, group fitness class, or online activity forum to find like-minded people and increase your activity accountability.
Move to help your mood!

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:

Complete the following moves, resting as needed. Repeat movement circuit as many times as you are able, with correct form.

- Wall Pushups
- High Knees — 15 reps
- Donkey Kicks — 15 reps
- Jump Squats — 30 seconds
- High Knees — 15 reps
- Donkey Kicks — 15 reps
- Jump Squats — 30 seconds

Need help with the workout movements or want more workouts for home? Visit www.planeatmove.com for more information.



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