



FIT TIP 16

Steps add up!

Take the stairs instead of the elevator, park farther away and walk a little more when you go to work or the store, and add a lap around the store at the grocery to increase your overall activity and step count each day.

Warm up:

Start with these moves to get your body ready.

- Standing Arm Circles – 30 seconds
- Marching in Place – 1 minute
- Air Squats – 30 seconds
- Jumping Jacks – 1 minute

Workout:

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

- Side Lunge - 15 reps each side
- Side Plank Hold - 30 seconds each side
- Mountain Climbers - 30 seconds
- Side Lunge - 15 reps each side
- Side Plank Hold - 30 seconds each side
- Mountain Climbers - 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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