



FIT TIP 5

Physical activity can help adults by improving quality of life, bone health, and sleep. It reduces risk of cancer, depression and anxiety. It doesn't matter what you do, it just matters that you get up and get moving!

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

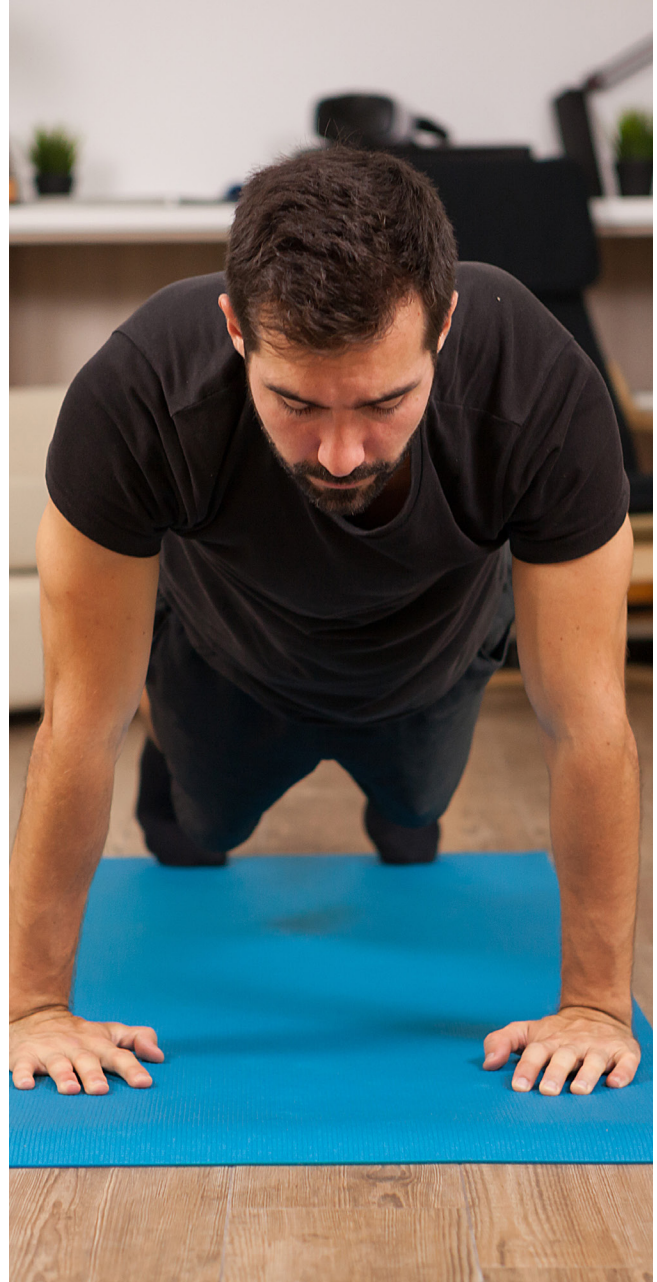
Workout:

Complete the following moves, resting as needed.

Repeat as needed.

- Squat to Calf Raise — 10 reps
- Situp — 10 reps
- Wall Sit — 1 minute
- Air Squat — 10 reps
- Bench Triceps Dip — 10 reps
- Butt Kicks — 1 minute
- Glute Bridge — 10 reps
- Pushups — 10 reps
- Plank — 1 minute

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



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