

EXERCISE SNACK MENU

Choose as many as you like & perform 1-3 times per day!

WALL OR DESK PUSH UPS

No floor or mat required!
Use anything sturdy, and do 5-15 at a time.



JUMPING JACKS

Do a set of 10-25 or perform for 30-60 seconds!



BODY WEIGHT SQUATS

With legs shoulder-width apart, lower down like you are sitting in a chair, then stand up! Complete 5-10.

HEEL RAISES

With feet about 8-12 inches apart, raise heels off the ground. Complete 8-15 raises, or for a total of 20 seconds!



HIGH KNEES

Lift each knee up to parallel to the ground, alternating between the two. Complete 20 total repetitions or do for 30 seconds!



STAIR CLIMBING

Use any steps or stairwell you can find and walk up and down for 20-60 seconds!

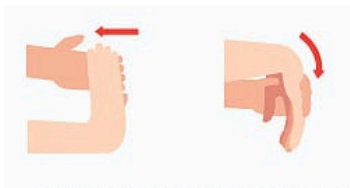


Time Out For Busy Hands!

Strive to complete 1-3 times per day!

1 Wrist Stretch

Extend your arm in front of you, gently pulling back on the fingers with the opposite hand.



2 Open & Close

Repeatedly open and close the hand, stretching fingers wide when open.



4 Wrist Rolls

Rotate the wrist joint in a circular motion, changing directions every two rotations.



5 Wave Stretch

Move your wrist side-to-side in a smooth, fluid motion.

