

25 WAYS TO GET MOVING AT HOME



1

Run in place for 30 seconds



2

Dance party for 1 minute

3

Stand up and sit down 10 times



4

Read standing up

5

Hot lava!
Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

6

Jumping jacks for 30 seconds

7

Do the hokey pokey

8

See how many squats you can do in 15 seconds

9

Stand up, touch your toes

10

Wall sits while reading



11

One-minute yoga

12

Stretch your hands high over your head



13

Arm circles forward for 30 seconds, arm circles backward for 30 seconds

16

Stand on one leg, put your hands up, put your hands out to the side

17

5 lunges on the right leg, 5 lunges on the left leg

14

10 frog jumps



15

Standing mountain climbers for 30 seconds

20

Practice spelling by doing a jumping jack for each letter

21

30-second plank

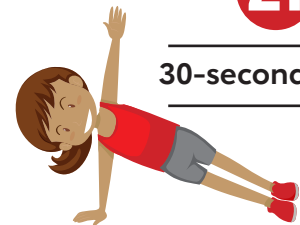


18

Practice spelling, do a squat for every vowel

19

Run in place for 30 seconds, check your heart rate



24

Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

25

High knees for 30 seconds

22

Practice math problems, do a jumping jack every time the answer is an even number

23

20 leg lifts



The American Heart Association and the National Football League are working together to get youth physically active.