



American  
Heart  
Association.

July

# CHOOSE YOUR OWN WORKOUT

Circuits can be a great way to work out without any equipment. To build your circuit, choose 3-4 exercises from each list:

## Cardio Exercises:

1. Jumping Jacks
2. Jumping Rope
3. Jogging or marching in place
4. Stair-climbing or stepups
5. High knees
6. Mountain climbers
7. Star jumps
8. Burpees

## Strengthening & Stability:

1. Plank and side plank
2. Push-ups
3. Sit-ups or crunches
4. Hip lift or bridge position
5. Tricep dips on a chair
6. Lunges
7. Squats or chair position
8. Wall sits

Alternate cardio and strength exercises in short bursts of 30 seconds and 3 minutes, then repeat the circuit two to three times.



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## Banana Split Berry Yogurt Parfaits

### Ingredients

- 12 ounces fat-free, plain yogurt
- 1 cup sliced fresh strawberries, hulled, or 1 cup frozen unsweetened sliced strawberries, thawed
- OR -
- 1 cup fresh mixed berries or 1 cup frozen unsweetened mixed berries, thawed
- 1 8-ounce can pineapple tidbits, canned in own juice, drained
- 1 large banana, sliced (about 1 cup)
- 1/4 cup chopped walnuts, pecans, or almonds
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon confectioners' sugar
- 2 teaspoons hot water

### Directions

1. To assemble, layer as follows in four small bowls or glasses: 1/3 cup yogurt, 1/4 cup pineapple tidbits, 1/4 cup sliced strawberries, and 1/4 cup sliced bananas. Sprinkle with 1 tablespoon walnuts.
2. In a small cup, stir together the cocoa powder, confectioners' sugar, and hot water until smooth. Drizzle 1 teaspoon over each parfait.

4 Servings

157 Calories  
Per Serving

6g Protein  
Per Serving

2g Fiber  
Per Serving



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