



KEEP MOVING



1

JOG ON THE SPOT FOR 30 SECONDS

2

10 X PUSH-UPS

3

10 X SIT-UPS

4

10 X JUMPING JACKS

Keeping your body moving is important for your health, and can help you feel calm and strong.

Try to do each of the exercises at least once, every day, and remember to end your activity with a Take 5.

