

# 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**

Practice yoga for 1 minute

**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

**19**

Skip for 30 seconds, check your heart rate



ABC 18 1/2

Practice spelling, do a squat for every vowel

**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

# Get Moving Tips On Exercise

**Julia Schneider**



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