

5-10 MINUTE EXERCISES FOR EVERY DAY

for kids and parents

Small Changes every day make a **BIG** difference over a long time!

Fat Burning and Health Fitness



Muscle Tone & Strength



Stretches for Flexibility



Walk on the spot to warm up  2 min	Walk on the spot to warm up  2 min	Walk on the spot to warm up  2 min
Walk fast (count to 30)  30 sec	Slow Squats up and down  1 min	Put your arms out to the side and <u>slowly</u> twist your body from side to side  30 sec
Walk slowly  30 sec	Slow Chair dips Up and down  1 min	Stand up, put both hands in the air and reach as High as you can  30 sec
Repeat 5 more times 	Slow Leg Lifts, both legs up and down  1 min	Step one foot forward, bend that knee and rock forward. Hold or rock backwards & forwards <u>slowly</u> . Switch legs  30 sec
Or Find a Step - step right foot up, then the left - step right foot down, then the left - 30 secs. Repeat starting with left foot  30 sec	Repeat Squats, Chair Dips & Leg Lifts 1 more time each   	Stretch both arms out to your side. Reach as far to the sides as you can  30 sec
Repeat 5 more times 	Stretch each leg  30 sec	Hold onto something for balance. Stretch one foot back gently and hold with your hand Switch legs - 30 secs  30 sec
Stretch each leg  30 sec	Stretch each leg  30 sec	Repeat twists, hand and leg stretches 1 more time each 
REPEAT AGAIN IF YOU HAVE MORE TIME	START SLOWLY & DO A LITTLE BIT EVERY DAY	SLOW & GENTLE! REMEMBER TO BREATHE

WHERE TO WALK? Push the pram backwards and forwards, walk on the spot, in your house, round your clothesline, round your yard, up and down the street, round the block, round the part—let the kids join in, make a game of follow the leader, invite a friend, have fun and enjoy!

Adapted from
AHM Health Insurance Newsletter

