

MID-DAY WORKOUT

Take a break and move your body! Getting active is one of the best things you can do for your health.

There are big health benefits to getting even a little bit of exercise. Some movement is better than none.

MARCH IN PLACE



2 minutes

TOE TOUCH



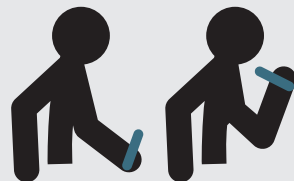
10 reps, then repeat.

CHAIR SQUAT



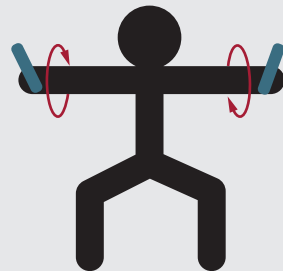
Squat down like you are sitting on the chair, but without actually touching it. 10 reps, then repeat.

CURLS



Curl steadily for 1 minute, rest, repeat.

ARM CIRCLES



Forwards and backwards
Holding paperweights
(30 seconds each way)

