









Take a Movement Break

Get up and move more as part of your everyday routine!


Try these exercises anywhere, any time with little equipment needed. Complete a set each day or try one exercise at a time. Do what feels best for you!

■ Heart Healthy Exercises ■ Lower Body Exercises ■ Upper Body Exercises







Set 1

 30 Seconds of Jumping Jacks	 10 Squats	 Light bicep curls 1 min each, 5 reps	 1 min High knees	 10 Calf raises	 10 Arm raises
---	--	--	---	---	--







Set 2

 Stationary Jog 2 mins	 10 Jump Squats	 10 Arm raises	 Invisible Jump Rope 1 min	 10 Lunges each leg	 10 Shoulder shrugs
---	--	--	--	--	--

Set 3

 1 min High knees	 10 Side leg lifts each leg	 10 Modified push-ups on a desk or the wall	 30 Seconds of Jumping Jacks	 10 Squats	 5 Arm circles in a chair
--	--	--	--	--	--

Set 4

 Invisible Jump Rope 1 min	 10 Seated leg raises	 10 Shoulder shrugs	 Stationary Jog 2 mins	 10 Jump Squats	 10 Modified push-ups on a desk or the wall
---	--	--	--	--	--