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