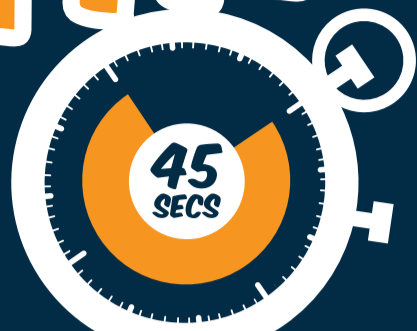


HIT FOR KIDS & PARENTS

Physical activity is vital for children of all ages. Kids should accumulate 60 minutes or more of moderate to vigorous physical activity every day (involving mainly aerobic activities). Activities that are vigorous, as well as those that strengthen muscle and bone, should be incorporated at least 3 days per week.



SET YOUR TIMER TO DO 45 SECONDS OF WORK AND 15 SECONDS OF REST. DO AS MANY OF THE MOVES AS YOU CAN BEFORE TIME RUNS OUT.



1. STAR JUMPS

Stand up tall, then jump your feet apart and raise your arms above your head at the same time.



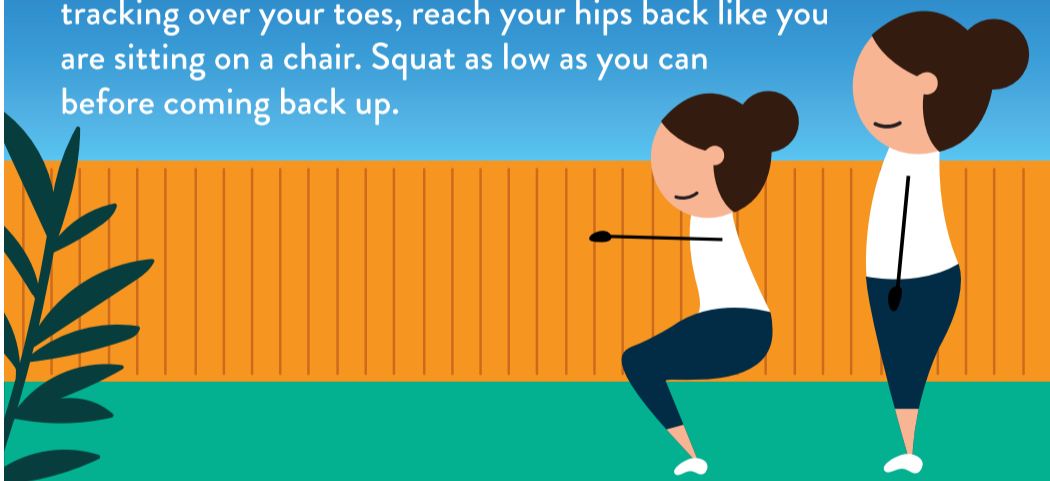
2. PUSH UPS

Hands under your shoulders and knees under your hips. Bend your elbow and allow yourself to rock forward, then straighten your elbows. If this is easy, straighten your legs.



3. SQUATS

Arms reaching out in front, feet shoulder width apart and knees tracking over your toes, reach your hips back like you are sitting on a chair. Squat as low as you can before coming back up.



4. PLANK

On your hands and knees, hands under shoulders, knees under hips. Engage your core by pulling your belly button toward your spine, now straighten legs.



5. MOUNTAIN CLIMBERS

Find your plank position, now reach your left knee to left elbow, repeat on the right side.



6. WALKING LUNGES

Feet shoulder width apart, take a step forward with your right leg, now drop your left knee toward the floor, do not lean forward and keep your eyes looking ahead. Now to the other leg!

