

# 25 WAYS TO GET MOVING AT HOME



**1**

Run in place for 30 seconds



**2**

Dance party for 1 minute

**3**

Stand up and sit down 10 times



**4**

Read standing up



**5**

Hot lava! Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

**6**

Jumping jacks for 30 seconds

**7**

Do the hokey pokey

**8**

See how many squats you can do in 15 seconds

**9**

Stand up, touch your toes

**10**

Wall sits while reading



**11**

Practice yoga for 1 minute

**12**

Stretch your hands high over your head



**13**

Arm circles forward for 30 seconds, arm circles backward for 30 seconds

**14**

10 frog jumps



**15**

Standing mountain climbers for 30 seconds

**16**

Stand on one leg, put your hands up, put your hands out to the side

**17**

5 lunges on the right leg, 5 lunges on the left leg



**18**

Practice spelling, do a squat for every vowel

**19**

Skip for 30 seconds, check your heart rate

**20**

Practice spelling by doing a jumping jack for each letter

**21**

30-second plank



**22**

Practice math problems, do a jumping jack every time the answer is an even number

**23**

20 leg lifts

**24**

Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

**25**

High knees for 30 seconds

# Get Moving Tips On Exercise

**Jessica J Manson**



**Get Moving Tips On Exercise:**

## Unveiling the Power of Verbal Artistry: An Emotional Sojourn through **Get Moving Tips On Exercise**

In a world inundated with screens and the cacophony of instantaneous interaction, the profound power and mental resonance of verbal beauty often diminish in to obscurity, eclipsed by the continuous barrage of sound and distractions. However, situated within the musical pages of **Get Moving Tips On Exercise**, a interesting function of fictional elegance that pulses with natural feelings, lies an remarkable trip waiting to be embarked upon. Written with a virtuoso wordsmith, that interesting opus manuals visitors on a mental odyssey, gently exposing the latent potential and profound impact embedded within the delicate internet of language. Within the heart-wrenching expanse of this evocative analysis, we will embark upon an introspective exploration of the book is central subjects, dissect its charming writing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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