"Exercise of the Day" Cards

1

Touch toes. Reach up.

2

Pretend to hula hoop.

3

Hop on one foot.

4

Run in place.

5

Do jumping jacks.

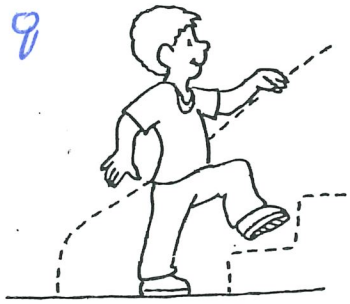
6

Make large arm circles.

7

March in place.

8



Pretend to climb stairs.

9

Do lunges or squats.

10

Do slow shoulder scrunches.

11

Do slow neck rolls.

12

Dance.

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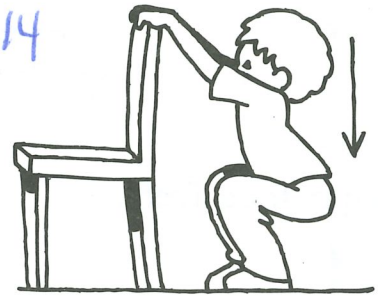
"Exercise of the Day" Cards *(cont.)*

13

Do desk pushups.

14



Do chair squats.

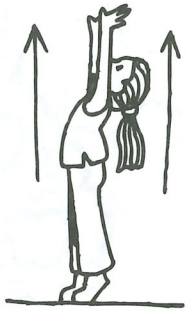
15

Pretend to jump rope.

16

Sit and pretend to pedal.

17



Tiptoe stretch.

18

Do leg raises.

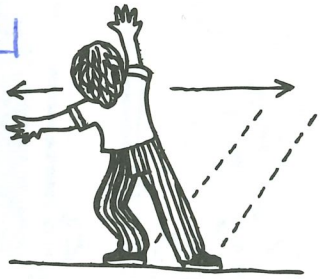
19

Twist.

20

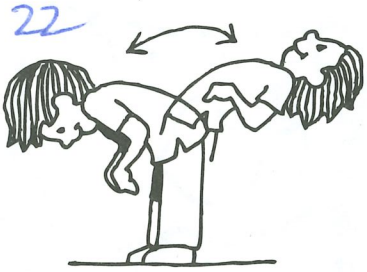
Sway like tall grass in the wind.

21



Lean left, then right.

22



Lean forward, then back.

23

Wiggle hips.

24

Hop in place on 2 feet.