

HEALTHY KHTIYEH
KOVY NOVE IT

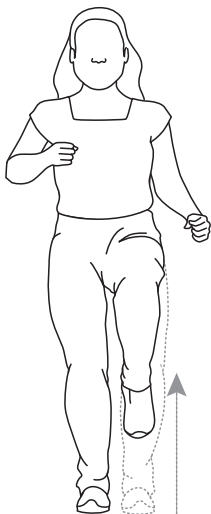
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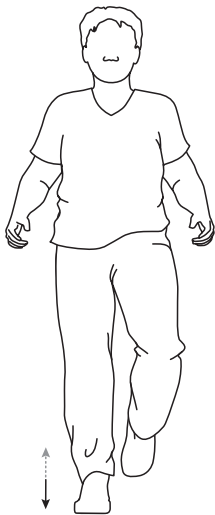
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March in place

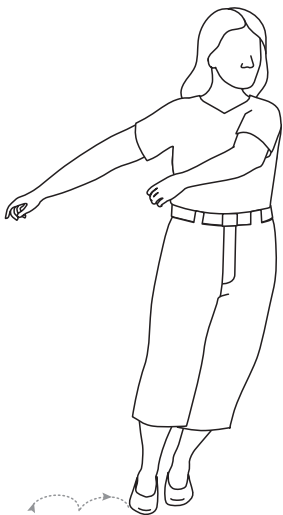
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Hop in place

Hop on one foot then the other.

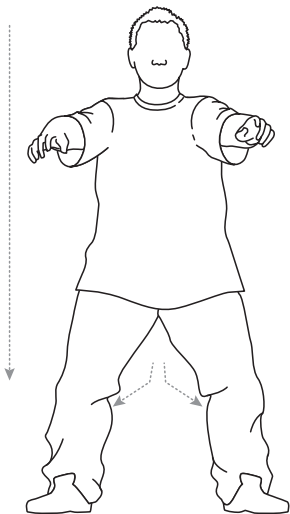
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Side hops

Hop on both feet two times to the side with both arms trailing out to the side, in the other direction.

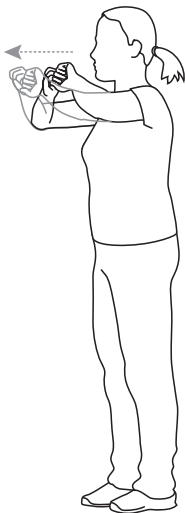
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Squats

Stand with legs a little more than shoulder width apart. Bend knees and squat down, keeping back as straight and perpendicular to the floor as possible.

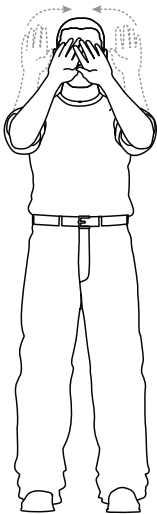
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Elbow pump

Make fists with both hands. Lift elbows out to the sides so the fists come together, knuckles close to your face and arms at shoulder level. Push forearms away from you.

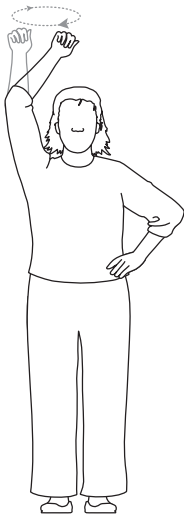
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Windshield wipers

Open the hands, fingers spread wide and palms facing away. With elbows bent, move both hands in front of the face from side to side, like windshield wipers.

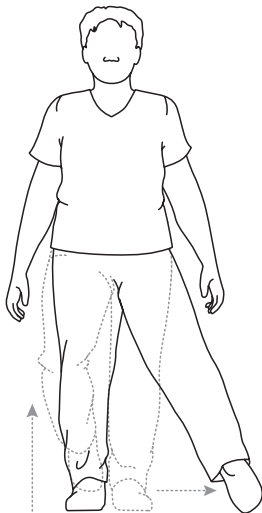
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Helicopter

Make a fist with one hand. Lift that hand above your head and circle it in the air.

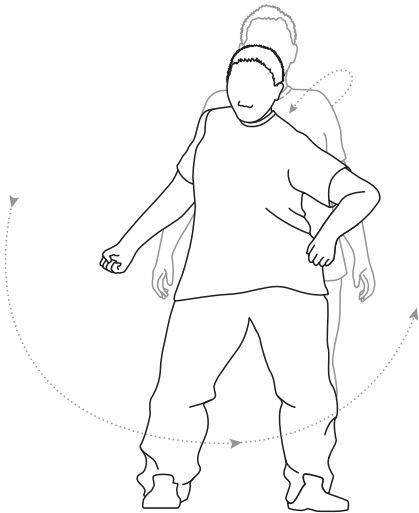
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Step-touch

Stand with feet together. Reach the left leg out to the side and touch the toe to the ground. Return your left foot to the center and put it down in its original position. Repeat with the right leg.

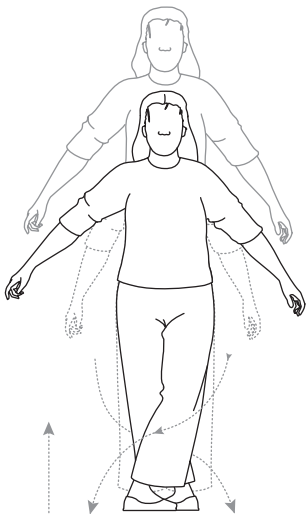
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Hockey stick

Make fists with your hands and place them as if you were holding a hockey stick. Bend forward slightly and pretend you are hitting a hockey puck with the stick.

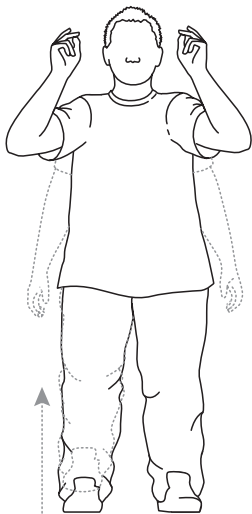
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Crossover

Jump up and land with feet crossed.
Jump again and land with feet in normal position.

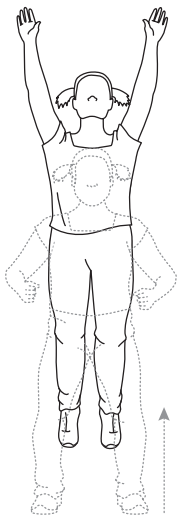
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Knee up, knee down, and snap

Stand with back straight. Keeping back straight, lift right knee and then put that foot down. Reach hands up to level of ears, and snap. Repeat steps starting with the left knee.

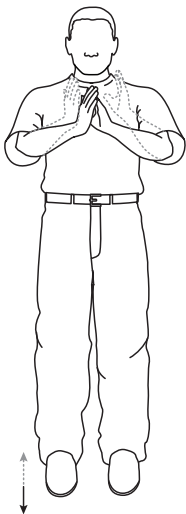
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Volleyball

Jump up with both hands above your head as if you were returning a volleyball over the net.

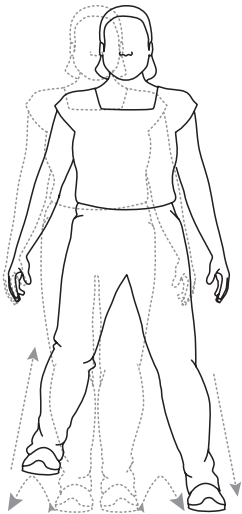
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Jump-clap

With feet together, jump up and clap your hands as your feet touch the ground again.

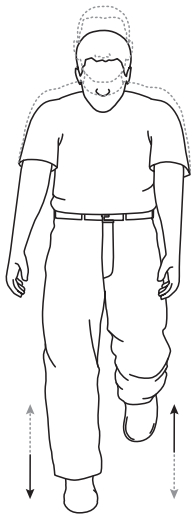
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Double-out, Double-in

Start with feet together. Step out to the right side with the right foot and then out to the left side with the left foot, so you are now standing with the feet apart. Then step the right foot in and then step the left foot in, so that you're standing with the feet together again.

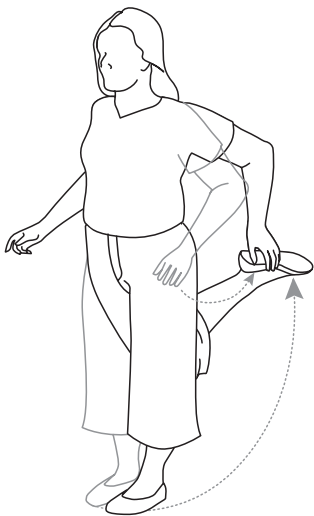
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Football player

Bend forward slightly from the waist. Run in place on tiptoes to a count of four, letting your arms hang loose. Stand straight and then arch back slightly from the waist. Run in place on tiptoes to a count of four, letting your arms hang loose.

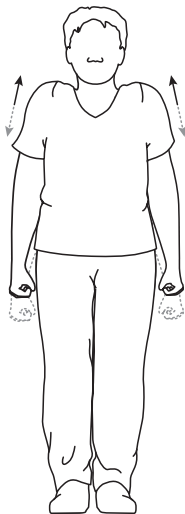
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Heel touch

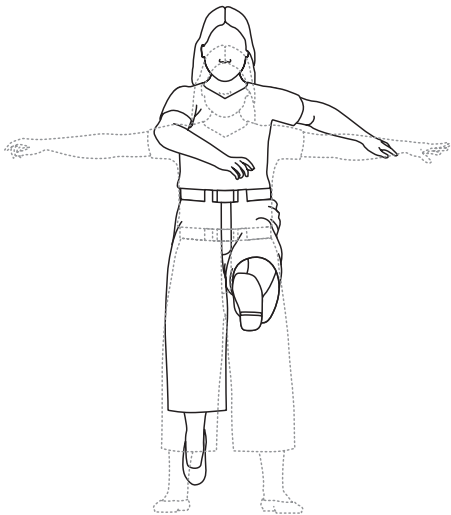
Lift one foot behind you and touch that heel with the opposite hand.

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**Shrug shoulders and
lock elbows.**

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Pony kicks

Kick your left leg up and reach for your toes with you right hand. Repeat with the other leg.

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