



HEALTHY KHTIYEH  
KOVY NOVE IT



HEALTHY KHTIYEH  
KOVY NOVE IT



HEALTHY KHTIYEH  
KOVY IT



HEALTHY KHTIYEH  
KOVY IT

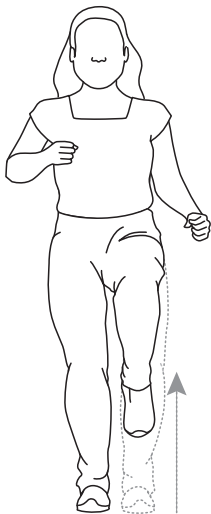




HEALTHY KHTIYEH  
KOVY NOVE IT

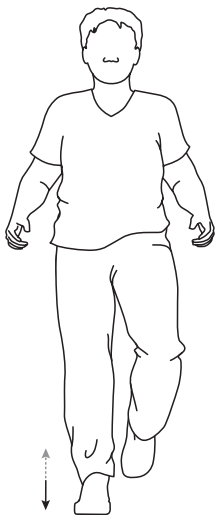


HEALTHY KHTIYEH  
KOVY NOVE IT



**March in place**

HEALTHY KHTIYEH  
KOVY NOVE IT

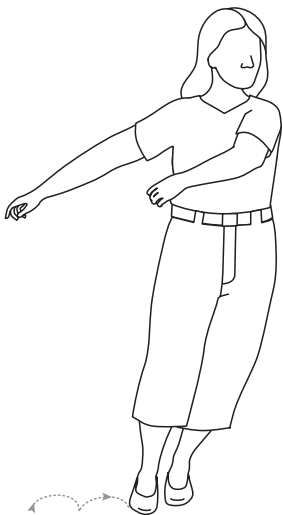


## **Hop in place**

Hop on one foot then the other.

HEALTHY KHTIYEH  
KOVY NOVE IT

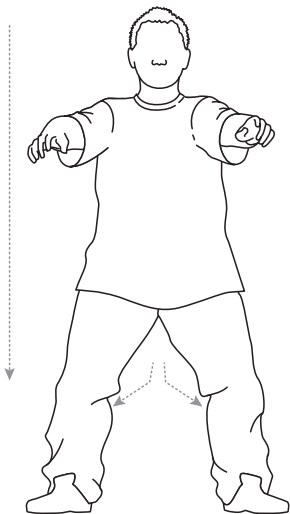




## **Side hops**

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

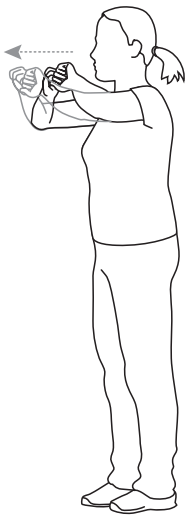
**HEALTHY KHTIYEH  
KOVY NOVE IT**



## 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.

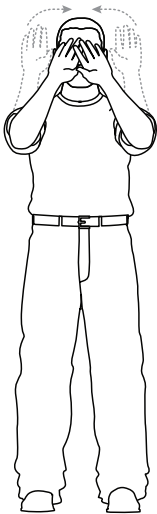
HEALTHY KHTIYEH  
KOVY NOVE IT



## **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.

HEALTHY KHTIYEH  
KOVY NOVE IT

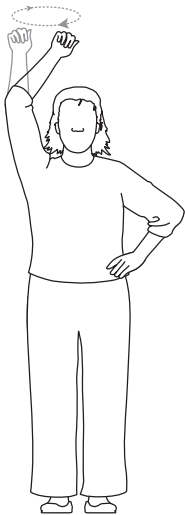


## **Windshield wipers**

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.

HEALTHY KHTIYEH  
KOVY NOVE IT

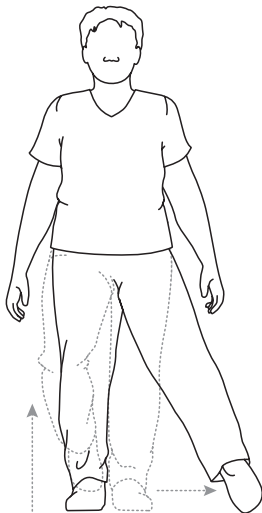




## **Helicopter**

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

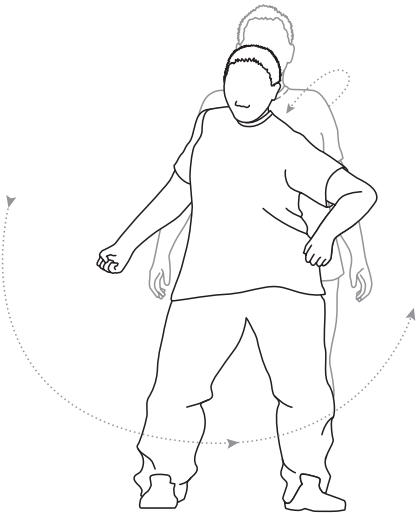
HEALTHY KHTIYEH  
KOVY IT



## **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.

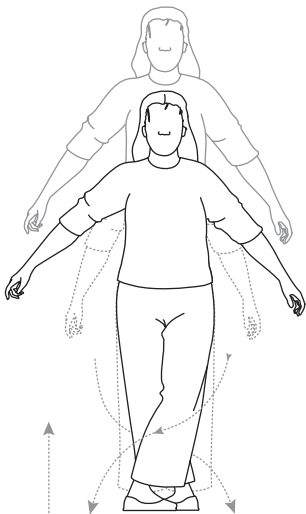
HEALTHY KHTIYEH  
KOVY IT



## **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.

HEALTHY KHTIYEH  
KOVY NOVE IT

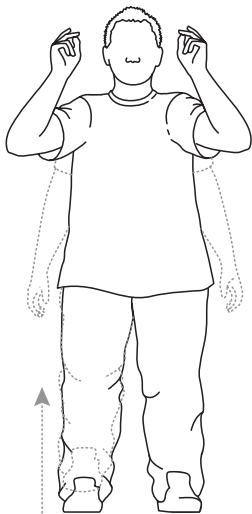


## **Crossover**

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

HEALTHY KHTIYEH  
KOVY NOVE IT

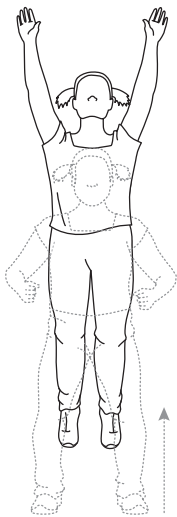




## **Knee up, knee down, and snap**

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.

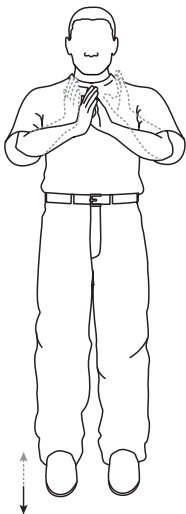
HEALTHY KHTIYEH  
KOVY NOVE IT



## **Volleyball**

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

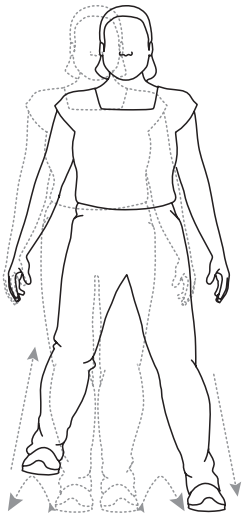
HEALTHY KHTIYEH  
KOVY NOVE IT



## **Jump-clap**

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

HEALTHY KHTIYEH  
KOVY NOVE IT

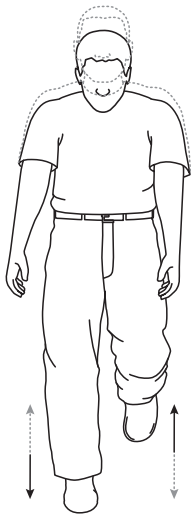


## **Double-out, Double-in**

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.

HEALTHY KHTIYEH  
KOVY NOVE IT

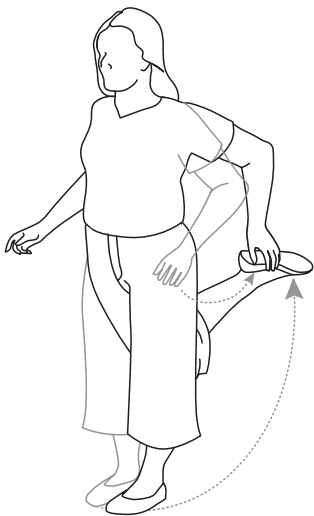




## **Football player**

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.

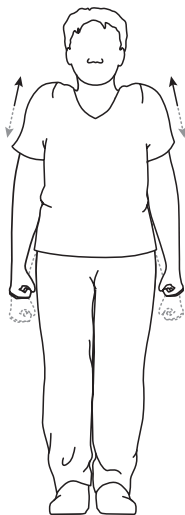
HEALTHY KHTIYEH  
KOVY NOVE IT



## Heel touch

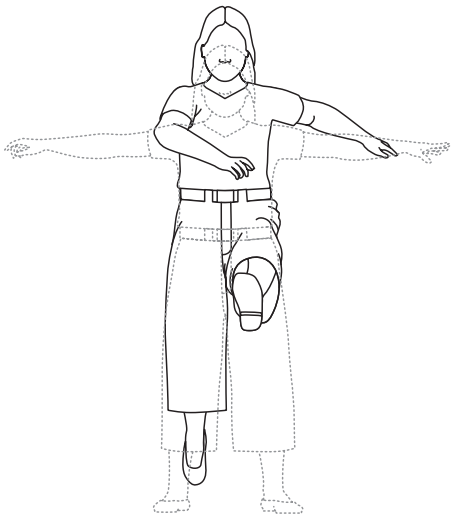
Lift one foot behind you and touch that heel with the opposite hand.

HEALTHY KHTIYEH  
KOVY NOVE IT



**Shrug shoulders and  
lock elbows.**

**HEALTHY KHTIYEH  
KOVY NOVE IT**



## **Pony kicks**

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

HEALTHY KHTIYEH  
KOVY NOVE IT