

COUNT YOUR BLESSINGS...

AND YOUR REPS!

2020 has been full of curveballs, and you may be unable to travel or host family for the holidays. While it's okay to feel disappointed, remember that one thing is still in your control: your habits. Physical activity is an effective way to cope with stress and uplift your mood.

1 HOME SWEET HOME WORKOUT

These exercises can be done inside.



RUSSIAN TWISTS
3 sets of 30



BICYCLE CRUNCHES
3 sets, 30 sec.



ARM FLUTTER
3 sets, 30 sec.

2 PARTNER WORKOUT

Find a buddy and move your body.



REACH & TOUCH PLANK
5 sets, 20 sec. each



PARTNER CRUNCHES
5 sets, 20 sec. each



PARTNER TWIST
5 sets, 30 sec. each

3 BACK TO BASICS WORKOUT

Jump (and kick) into healthy living.



QUAD KICKS
3 sets of 30



JUMP ROPE
3 sets, 60 sec.



LEG RAISES
3 sets of 10 on each side

4 YOGA WORKOUT

Build your balance and kick-start your core.



AIRPLANE POSE
3 sets, 30 sec. each



TREE POSE
3 sets, 30 sec. each



PLANK
3 sets, 20 sec. each

5 BREAK A SWEAT...

and maybe some records, too.



KICK A BALL
3 sets of 30



HIGH KNEES
3 sets, 30 sec.



PUSH-UPS
3 sets of 10

Try this plan, or make your own with exercises from ShapeYourFutureOK.com.
Just plan on moving for 30 minutes every day (kids need 60)!