



American Heart Association.

# 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)

7

Do the hokey pokey

8

See how many squats you can do in 15 seconds

9

Stand up, touch your toes

6

Jumping jacks for 30 seconds

12

Stretch your hands high over your head

13

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

10

Wall sits while reading



11

One-minute yoga

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

14

10 frog jumps



15

Standing mountain climbers for 30 seconds

20

Practice spelling by doing a jumping jack for each letter

21

30-second plank

ABC 18 XYZ

18

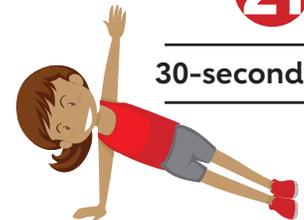
Practice spelling, do a squat for every vowel

19

Run in place for 30 seconds, check your heart rate

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

22

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

23

20 leg lifts

[heart.org/KidsActivities](http://heart.org/KidsActivities)

# THE ACTIVITY PYRAMID

**EACH WEEK, TRY TO INCREASE YOUR PHYSICAL ACTIVITY USING THIS GUIDE. HERE'S HOW TO START...**

**IF YOU ARE INACTIVE**  
*(Rarely do activity)*

Increase daily activities at the base of the Activity Pyramid by

- taking the stairs instead of the elevator
- hiding the TV remote control
- making extra trips around the house or yard
- stretching while standing in line
- walking whenever you can

**IF YOU ARE SPORADIC**  
*(Active some of the time, but not regularly)*

Become consistent with activity by increasing activity in the middle of the pyramid by

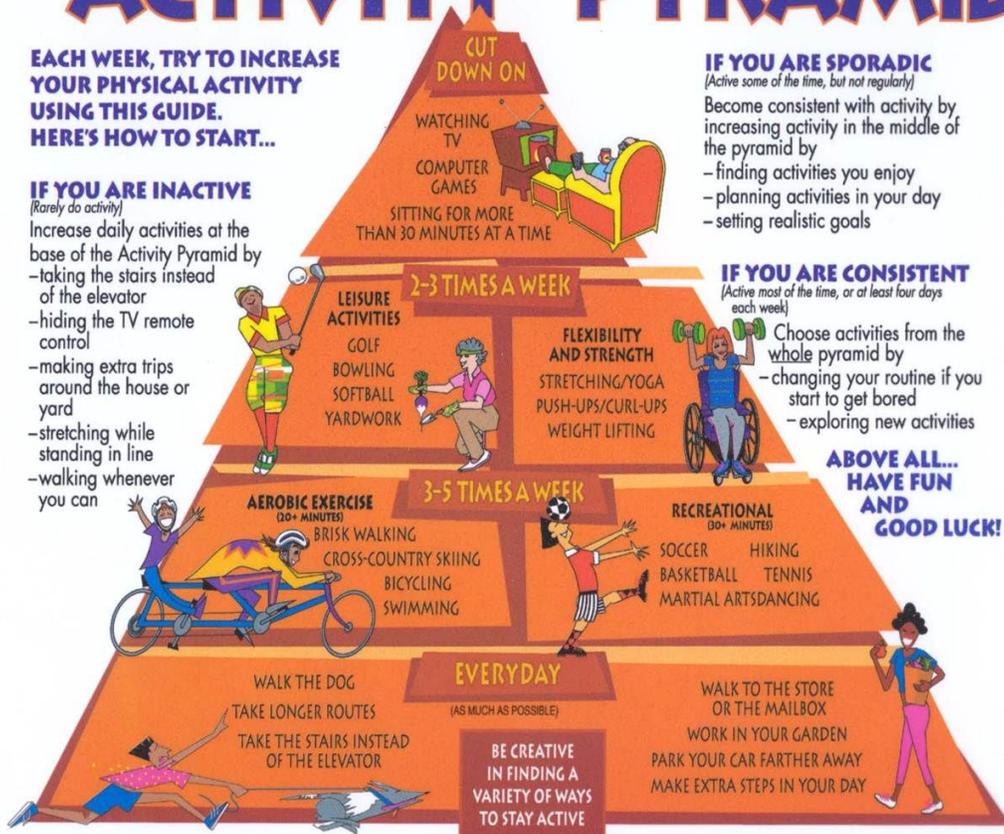
- finding activities you enjoy
- planning activities in your day
- setting realistic goals

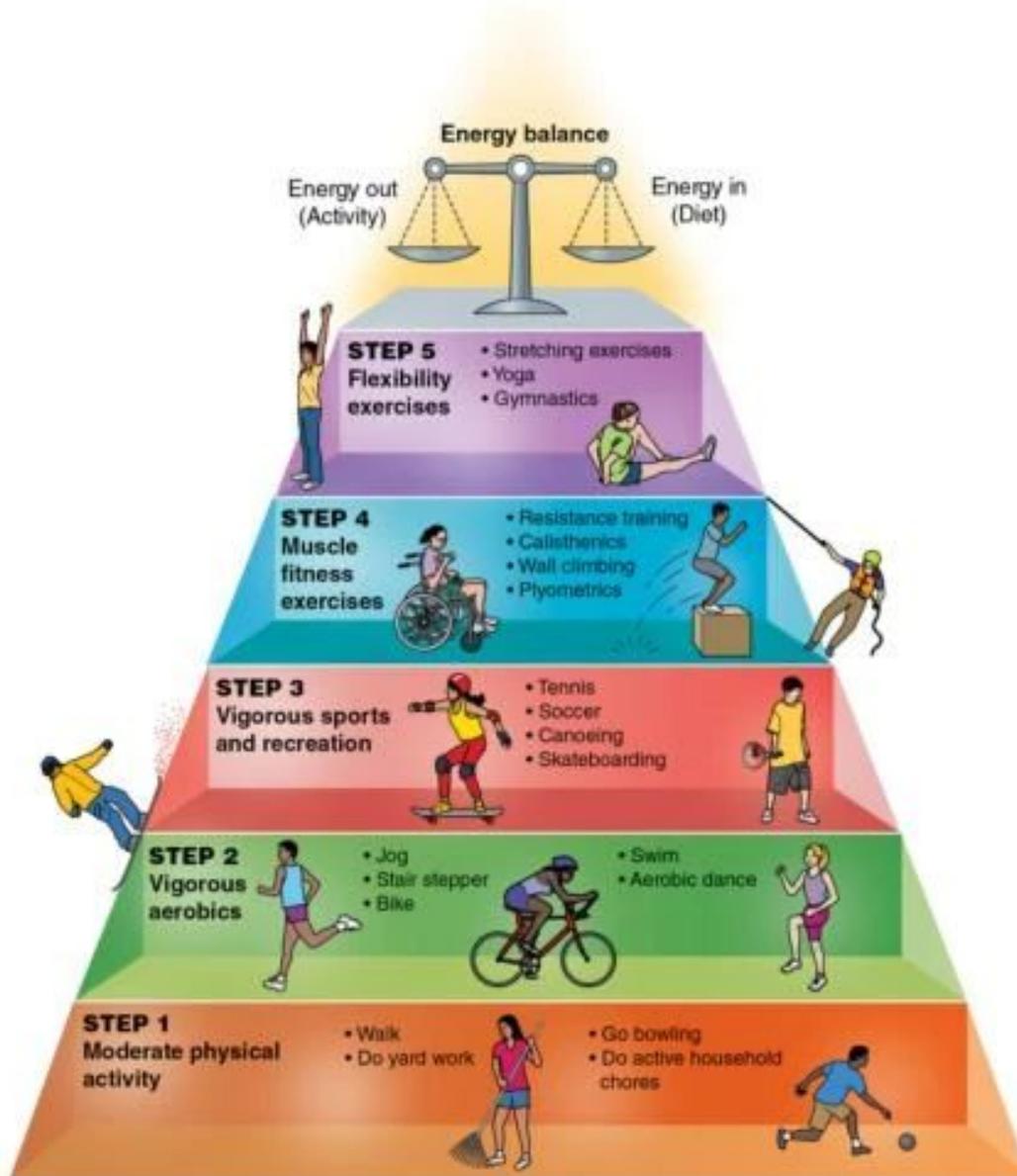
**IF YOU ARE CONSISTENT**  
*(Active most of the time, or at least four days each week)*

Choose activities from the whole pyramid by

- changing your routine if you start to get bored
- exploring new activities

**ABOVE ALL... HAVE FUN AND GOOD LUCK!**





For teens, at least 60 minutes of moderate- to vigorous-intensity physical activity is recommended each day. Activities from the pyramid can be combined to meet this recommendation.



**Avoid inactivity**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>National Health Observances</b></p> <ul style="list-style-type: none"> <li>National Autism Awareness Month</li> <li>National Minority Health Month</li> <li>National Distracted Driving Awareness Month</li> <li>Stress Awareness Month</li> <li>April 7: World Health Day</li> </ul>			<p><b>1</b></p> <p>Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax &amp; clear your mind.</p> 	<p><b>2 Star Jumps</b></p> <p>Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p><b>3 Crane Pose</b></p> <p>Here's a challenge! Put your hands on the ground, lean forward &amp; balance your knees on your elbows.</p> 	<p><b>4 4 Walls</b></p> <p>Face each wall in a room and do a different exercise for 30 seconds</p> <ul style="list-style-type: none"> <li>-side shuffle</li> <li>-grapevine to left then right</li> <li>-wide stance punches</li> <li>-vertical jumps</li> </ul>
<p><b>5 Mindful Snack</b></p> <p>When eating a snack today, really pay attention to the taste, feel, sound, smell and look of the snack you're eating. What do you notice?</p>	<p><b>6 Teacup Tip-ups</b></p> <p>Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.</p>	<p><b>7 World Health Day</b></p> <p>Did you know regular, moderate-intensity physical activity can help prevent diabetes? Go for a walk with an adult &amp; discuss other ways to prevent diabetes.</p>	<p><b>8 Musical Frogs</b></p> <p>This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).</p>	<p><b>9 Bear Walk</b></p> <p>With your bottom in the air, step forward with your right hand &amp; step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.</p>	<p><b>10 Before Bed Breathing</b></p> <p>While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.</p>	<p><b>11 Dribble Challenge</b></p> <p>Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?</p>
<p><b>12 Fish Pose</b></p> <p>Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds</p> 	<p><b>13 Play Catch</b></p> <p>Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.</p>	<p><b>14 Wild Arms</b></p> <p>As fast as you can complete:</p> <ul style="list-style-type: none"> <li>10 Arm Circles front &amp; back</li> <li>10 Forward punches</li> <li>10 Raise the Roof's</li> </ul> <p>Repeat 3x</p>	<p><b>15 Mindful Senses</b></p> <p>What do you notice around you? Find:</p> <ul style="list-style-type: none"> <li>5 things you see</li> <li>4 things you feel</li> <li>3 things you hear</li> <li>2 things smell</li> <li>1 thing you taste</li> </ul>	<p><b>16 Crawl Like a Seal</b></p> <p>Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.</p>	<p><b>17 How Fast Can You Go?</b></p> <p>Pick a distance and see how fast you can run the distance.</p>	<p><b>18 Inchworms</b></p> <p>Keeping your legs straight place your hands on the ground, walk them into push-up position, and walk your legs up.</p>
<p><b>19 Garland Pose</b></p> <p>Practice your balance with this pose!</p> 	<p><b>20 Rock Paper Scissors Tag</b></p> <p>Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team.</p>	<p><b>21 Commercial Break</b></p> <p>Can you hold a plank for an entire TV commercial break?</p>	<p><b>22 Wake and Shake</b></p> <p>As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.</p>	<p><b>23 Chair Pose</b></p> <p>Hold for 30 seconds, relax then repeat.</p> 	<p><b>24 Positive Talk</b></p> <p>Be sure to talk to yourself today like you would talk to someone you love.</p>	<p><b>25 Jump, Jump</b></p> <p>Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.</p>
<p><b>26</b></p> <p>Put your favorite song on and make up a dance or fitness routine!</p>	<p><b>27 Paper Plate Planks</b></p> <p>In plank position with paper plates under your feet. Complete 30s each:</p> <ul style="list-style-type: none"> <li>-mountain climbers</li> <li>-in and out feet</li> <li>-knees to chest</li> </ul>	<p><b>28 Step Jumps</b></p> <p>Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>	<p><b>29 A Gratitude Attitude</b></p> <p>Write down something you're thankful for and why.</p>	<p><b>30</b></p> <p>Try Savasana again. Use this to relax and wind down all year!</p> 	<p><b>SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!</b></p> <p>Yoga photos from <a href="http://www.forteyoga.com">www.forteyoga.com</a></p>	