

Healthy Hawks

FUN WITH FRUIT

You do not need equipment for the exercises. You will use your body and imagination to complete each activity.

Reps	Description of Exercise or Activity
10	APPLE PICKING - Reach up high and pick an apple off the tree with your right hand, bend down to drop it in your basket, then repeat with your left hand; 10 times
10	LEMON SQUEEZE SQUATS - Pretend you are holding a lemon in each hand and extend your arms straight out; as you bend your knees to do a squat, close your fists and squeeze the juice from the lemons; 10 squats
5	BANANA - Lay on the floor with your legs together and your arms extended over your head; Keep your head between your arms (like you are squeezing your ears with your biceps), slowly raise your upper body and your legs off the floor to make a banana shape; Hold for 10 seconds, then relax; repeat 5 times
5	ORANGE ROLL - Get down in a crawling position and pretend to roll an orange with your nose around the room; 5 crawling laps around the room
10	GRAPE TOSS - Grab a grape from the bowl, toss it up high and clap 3 times before you catch it in your mouth; repeat 10 times