

Healthy Hawks

Standing Exercises

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	ARM CIRCLES - Arms out to the side, elbows straight: 10 small arm circles forward and 10 backward
10	ELBOWS TO KNEES - Touch right elbow to left knee, then left elbow to right knee; continue alternating (lifting knees)
5	RAINBOW - Reach right arm up and bend to the left for a 5 count; reach left arm up and bend to the right for a 5 count; alternate 5 for each arm
10	CALF RAISES - Rise up on your tiptoes and then lower slowly
10	SMILING 5s - Walk around your house, smile, and high five 10 people or objects in your house.