

Healthy Hawks

We Exercise

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 | LOVE JUMPS - With your hands on your heart, jump forward, backward, to the left, and to the right; Repeat round of jumps 10 times |
| 10 | HEART SQUATS - Make a heart shape with your hands in front of your chest; Squat (bend knees and keep back straight) to touch your elbows to your knees |
| 10 | BURSTING WITH LOVE - Gently bounce 10 times with your palms to the ceiling |
| 5 | JOY JOG - Jog in place, extend your right arm straight out and spell "joy jog" in the air in lowercase letters. Jog in place, extend your left arm straight out and spell "JOY JOG" in uppercase letters. Repeat 5 times |
| 5 compliments | FRIENDLY MARCH - Hands out in front of you and march with high knees up to your hands; While marching, find the other people or pets in your house and give them compliments (march around until you have given 5 compliments to the people or pets in your house) |