











PICK 5 FITNESS





Pick 5 Activities to Perform Each Day-Perform each activity for one minute

Try to perform all the activities in one week

 <p>Do 5 squats</p>	 <p>Lunge</p>
 <p>Do a push up</p>	 <p>Stand on one foot and count to 10</p>

 <p>Do 5 jumping jacks</p>	 <p>Can you do a split?</p>
 <p>Stretch to the side</p>	 <p>Do 5 Leg Lifts</p>

 <p>boat</p>	 <p>down dog</p>
 <p>plank</p>	 <p>sit cross legged</p>

 <p>Hop on one foot</p>	 <p>Pretend to climb</p>
 <p>Walk in a straight line</p>	 <p>Run in place</p>

 <p>Twist like a pretzel</p>	 <p>Sit like a table</p>
 <p>Round your back</p>	 <p>Balance on your toes</p>