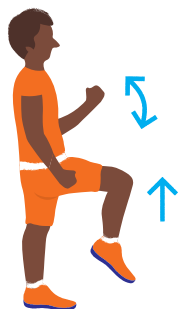


FIVE WAYS TO MOVE YOUR WHOLE BODY AEROBIC STYLE

Repeat each activity for **30 seconds**

Jogging on the spot



1. Jog lightly on the spot, swinging your arms.

Skipping



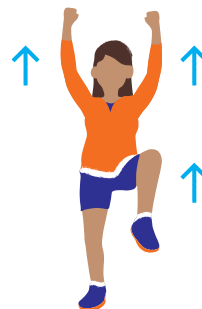
1. Hold your arms out to the side and rotate in a circle.
2. At the same time, march on the spot.

Jogging on the spot with pulling arms



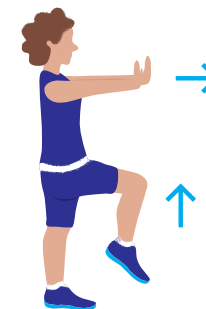
1. Jog lightly on the spot.
2. Raise both arms above your head, then pull them back down towards your chest.

Knee raises with pulling arms



1. Stand with your feet shoulder width apart, raise your left knee and then lower.
2. At the same time raise both arms above your head, then pull them back down towards your chest.
3. Repeat with your right knee.

Jogging on the spot with pushing arms



1. Jog lightly on the spot.
2. Push both arms out in front, then bring them back in towards your chest.