



American
Heart
Association.

25 WAYS TO GET MOVING AT HOME



1

Run in place for
30 seconds



2

Dance party
for 1 minute



3

Stand up and sit
down 10 times

4

Read standing up

5

Hot lava!
Keep a balloon in the air
without touching the ground
(make it harder by only
using heads or elbows)

6

Jumping jacks
for 30 seconds

7

Do the
hokey pokey

8

See how many
squats you can do
in 15 seconds

9

Stand up, touch
your toes

10

Wall sits
while reading



11

One-minute
yoga

12

Stretch your
hands high over
your head



13

Arm circles forward for
30 seconds, arm circles
backward for 30 seconds

14

10 frog jumps



15

Standing mountain
climbers for thirty
seconds

16

Stand on one leg, put
your hands up, put your
hands out to the side

17

5 lunges on the right leg,
5 lunges on the left leg



18

Practice spelling,
do a squat for
every vowel

19

Run in place for 30
second, check your
heart rate

20

Practice spelling by
doing a jumping
jack for each letter

21

30 second plank



22

Practice math problems, do a
jumping jack every time the
answer is an even number

23

20 leg lifts

24

Ball toss spelling practice.
Toss the ball and say a letter
then toss the ball to someone
else to say the next letter

25

High knees
for 30 seconds