

## DO THE SIT LESS, MOVE MORE WORKOUT

Keep safe while exercising! Remember to drink plenty of water and only exercise before meals, or at least 2 hours after a heavy meal. Do not exercise when you are unwell, and stop exercising immediately if you feel giddiness or pain. Also, do remove any hazardous objects and loose furniture that might endanger you or get in the way.

1



Stand in a star pose and raise your arms higher into the air.

2



Lunge to your left with your left knee bent in front and pump your right fist upwards as you rise up. Repeat on the right side.

3



Stretch out your arms and slide your whole body to the right like a surfer! Repeat on the left side.

4



Tap your right heel in front of you and with your right hand behind you, pump your left fist once. Repeat on the opposite side.

5



Turning your whole body to the right, reach for the sky and lock your fingers together overhead.

6



Still facing the right, roll your fists like a wheel while marching 4 steps backwards.

7



Turn just your head to look in front and reach your left hand out for a high five. Repeat steps 5 to 7 facing the left side.

8



Stand in a star pose and step your right foot out, followed by your left foot. Then step the right foot back in, followed by the left.

9



Place your right hand on your hip and jump on the spot while pumping your fist in the air!

10



Flex your arms with fists in front of your chest and jump on the spot.

11



Step your left foot out to the side while pumping your left fist.

12



Skip your left foot back in while cutting the air with your swinging elbow! Repeat steps 11 and 12 on the other side.

13



Lunge to your left and press both hands towards your left knee.

14



March to the right while high-fiving with your left hand.

15



Turn to the left and turn your palm towards you.

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