

7 MINUTE MORNING ANIMAL WORKOUT

Exercise is good for us in so many ways.

For your kids, it helps with self-regulation by reducing cortisol and adrenaline levels, lessening anxiety and stimulating dopamine and other endorphins. It also improves brain function and communication skills. Exercise is good for the muscles, the heart, and blood flow, too! Exercising with your kids in the morning is a healthy way to start the day. Try adding this quick and fun routine to your mornings.



INSTRUCTIONS:

1

Print out this workout poster and hang it up somewhere that's easy for your kids to see.

2

Set a time to do the exercises each day. This could be after brushing teeth or getting dressed, after breakfast, or any time that works for you.

3

Do each activity for 45 seconds, rest for 15 seconds, and move on to the next activity. Remember that the goal is to get your heartrate up.

Pro tip: turn on some music!

4

At the end of the workout, clap, high-five, or tell each other good job, then have a great rest of your day!

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FROG JUMP:

Hop up and down.



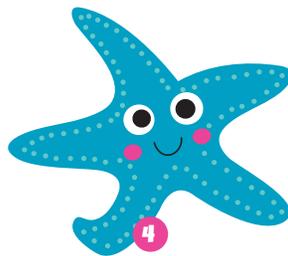
BEAR WALK:

With your hands and feet on the floor, hips high, "walk" on all fours forwards and backwards.



GORILLA SHUFFLE:

Sink into a low sumo squat and put your hands on the ground between your feet, then shuffle to the left and shuffle to the right.



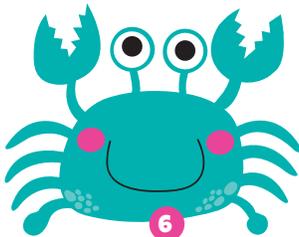
STARFISH JUMPS:

Jump up and down, spreading your arms and legs wide (like jumping jacks).



CHEETAH RUN:

Run in place as fast as you can!



CRAB WALK:

Sit down with your knees bent and place your palms on the ground behind you. Lift your hips and body off the ground and crawl around on your hands and feet.



ELEPHANT STOMPS:

Stand with your feet hip-width apart and stomp, raising your knees up to hip-level. Try to hit the palms of your hands with your knees.