

Get Moving!

30 Minute Workout



This workout video teaches a variety of exercises and uses skills like balancing, bending, twisting, hopping, and jumping. These exercises build muscles and endurance that will help you to build strength! If you learn the exercises, you can include them in warm-ups, cool-downs, or use the video for your daily physical activity on some days.

You will need a pair of runners and a few ropes, t-shirts, or pants handy to lay out on the floor to make work-out spaces for different exercises.

[Exercise for Kids](#)

If you prefer a lower impact workout, try this:

[Low Impact Workout](#)

What are some everyday activities you do?

- Walk the dog?
- Take the stairs?
- Ride your bike?
- What else?