



# Stay Safe! Stay Healthy!

During postponements of group fitness events and gatherings, it's important to still eat right and get physical activity. Here are some tips to help you stay fit – and have fun doing it!

**Try this daily planner, and vary your activities from week to week to keep it fun:**

## YOGA MONDAY

Choose 10 Yoga Poses for Kids  
See the diagrams below for popular poses  
Hold each pose 30 seconds.  
Take a short break, then repeat all 10.  
Take another break, repeat a third time.



## WALKING WEDNESDAY

Take 10,000 steps!  
Choose TWO of these 20-minute activities:

- Outdoor walk
- Indoor walk
- Stairs – walk up and down

## FUN FRIDAY

Choose ONE 20-minute no-contact family activity:

- Jump rope
- Obstacle course
- Crab walk
- Charades
- Simon says

## CARDIO TUESDAY

Choose any THREE exercises:

- Push-ups
- Squats
- Jumping jacks
- Crunches
- Walking lunge
- Plank
- Jump squats
- High knees

20 seconds each. Rest 10 seconds.  
Repeat 8 times.

## TONING THURSDAY

Choose ONE of these circuits:

- 10 squats, 20 lunges, 10 tuck jumps, 40 high knees
- 10 burpees, 20 plank jacks, 10 push-ups, 20 mountain climbers
- Jog in place (1 min), 10 jump squats, 40 jab-crosses, 10 leg raises

Repeat the circuit 3 times.

**Fuel your fitness with good nutrition, every day:**

- At least 5 servings of fruits and vegetables
- At least 3 servings of milk, cheese or yogurt
- Whole grain breads and cereals



**For more helpful tips while you're staying home, visit [www.fueluptoplay60.com](http://www.fueluptoplay60.com) and [www.americandairy.com](http://www.americandairy.com)!**

