



# Jump Around

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Close your eyes while brushing your teeth. If that's easy, stand on one foot. If that's still easy, start to wiggle

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Jumping Jacks while the water boils, Alternate with running in place.

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Counter stretches - Are you having a conversation in the kitchen? Use the counter to stretch your leg and back, then warm up your feet like a dancer at a barre.

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Stand on one foot every time you take a call. When you need a break, walk in circles.

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Every time you walk through a doorway, grab on to the frame and stretch your back, or hang off the top of the door for a second or two.

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When the room is messy, walk around it on all 4's for 3 minutes. Either pick things up with your toes first, or squat all the way down instead of bending over.

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Lift yourself up on the kitchen counter. Stretch out your back and dangle your legs.

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Lie OVER the couch. Pitch your body forward and let your legs dangle

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Face Yoga works! Do it while driving. Stretch your mouth, smile, puff your cheeks, and do head rolls at the stoplight.

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