

# 12 DAYS OF FITNESS

Perform each exercise at the beginning of your SEL period to get all the benefits of early-morning physical activity!!!! Refer to the Move-To-Improve visual aid cards in your email for a picture and description of each exercise. The number in parenthesis corresponds to the visual aid card number.

12/8 - 1 minute of DEEP BREATHING - sit at your desk, close your eyes and breathe slowly in through the nose and out through the mouth

12/9 - 2 minutes of JOGGING(1) in place

12/10 - 3 sets of 10 OPPOSITE ELBOW TO KNEE(15)

12/13 - 4 sets of 20 JUMPING JACKS(9)

12/14 - 5 Stretches - MOUNTAIN POSE(24), SIDE STRETCH(23), TREE POSE(29), STANDING FORWARD BEND POSE(26), STAR POSE(25)

12/15 - 6 PUSH-UPS - 3 sets

12/16 - 7 sets of POGO JUMPS(5) - 20 seconds each

12/17 - 8 LUNGES(13) - 3 sets

12/20 - 9 OVERHEAD PRESSES(14) - 5 sets

12/21 - 10 SQUATS(12) - 5 sets

12/22 - 11 seconds holding DOWNWARD DOG POSE(22) - 3 sets

12/23 - 12 BICEP CURLS(18) - 5 sets