

BREW BREAK

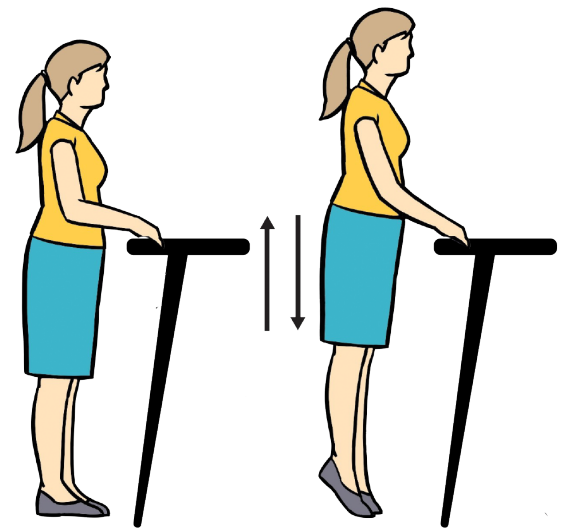
Pick an exercise to do while your tea or coffee brews, and get a little more movement into your day.



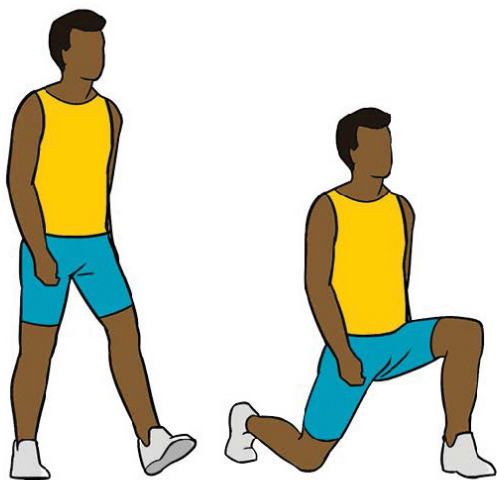
HIGH KNEES



SQUATS



CALF RAISES



LUNGES



COUNTERTOP
PUSH-UPS



WALK UP & DOWN
THE STAIRS

It all adds up! Breaking up sitting time with small bursts of movement can help us get our recommended 30 minutes of physical activity each day.