

Exercise of the Month



YOU Choose Your Workout

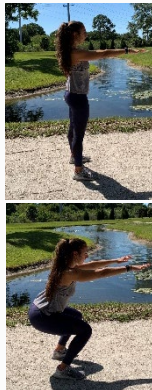
Here's a fun way to get your daily exercise and connect with others. This workout can be done with family and friends who live together, or over virtual calls, like on FaceTime or Zoom.

How to play:

- For each fun fact that applies to you, complete 15 repetitions of the associated exercise
- If you have kids, encourage them to join in and even list some fun facts of their own!

Squats:

- You have red hair
- You live near the beach
- You like dancing
- You are 30+ years old
- You have a brother
- You like pop music



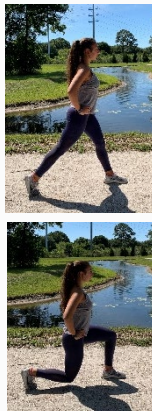
Push-Ups:

- You like to exercise
- You have brown hair
- You like chocolate
- You are married
- You know how to swim
- You are < 30 years old



Split Squats (15 each leg):

- Your name begins with A-L
- You have blonde hair
- You wear glasses/contacts
- You have a sister
- You live where it snows
- You like taking naps



Frog Jumps:

- You have a pet
- You can play an instrument
- You have facial hair
- Your name begins with M-Z
- You are an only child
- You like watching movies

