

fitBoost Instruction Card

Shuffle cards and draw one orange "Warm Up" card, one red "Move" card, and one blue "Cool Down" card. Each card's activity will take 1 to 2 minutes; the entire **fitBoost** will take about 5 minutes.

- 1. Warm Up:** (1 to 2 minutes) Read the directions from the card aloud and demonstrate the movement if necessary.
- 2. MOVE:** (1 to 2 minutes) Repeat step 1 instructions.
- 3. Cool Down:** (30 seconds to 1 minute) Repeat step 1 instructions.

You can vary the time you spend on each card. Remember to have fun and make it your own!

Go to fit.sanfordhealth.org for more ways to activate your health.

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fitBoost Warm Up



Mountain Climbers

Place your hands on the floor while stepping your feet back to get balanced. Bring one knee in towards your chest. As you straighten your knee, bring the other knee in, as if you are climbing. Continue for 1 to 2 minutes.

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fitBoost Warm Up



Jumping Jacks

From a standing position, quickly jump and spread your feet while bringing both arms above your head. Then jump and bring your feet together and arms to your side. Repeat for 1 to 2 minutes and count jumps out loud to see how many you can do! *(Give yourself plenty of space.)*

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fitBoost Warm Up



Rollerblade in Place

Stay in place and pretend to rollerblade. To gain speed, lean forward and "push" your rollerblades along the floor one at a time. Be sure to move your arms! Do this for 1 to 2 minutes.

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fitBoost Warm Up



Overhead Reaches

Bring one arm over your head and lean with your body as you step out. Alternate to the other side. Repeat for 1 to 2 minutes. Your heart rate will go up the faster you move!

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fitBoost Warm Up

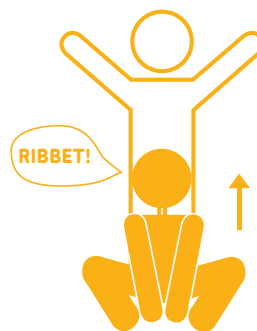


Run in Place

Start running while staying in the same spot. Get your arms moving with your legs! Change the pace from slow to fast and in between. Continue for 1 to 2 minutes.

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fitBoost Warm Up



Frog Jumps

Test your frog legs! Squat down like a frog with your hands touching the floor between your legs. Jump straight up and come down to starting position. Repeat for 1 to 2 minutes. Add a "ribbet" when you jump!

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fitBoost Warm Up



March in a Band

March in place for 1 to 2 minutes. Pretend you are in the marching band, playing your favorite instrument!

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fitBoost
Warm Up



High Knees

Bring your knees up one by one as if you are climbing stairs. Add arms by bringing the elbow of your opposite arm to your knee (*left elbow to right knee and vice versa*). Continue for 1 to 2 minutes. Challenge yourself to bring your knees up high!

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fitBoost
MOVE



Lunges

Stand, then take a step forward until your back leg's knee almost touches the floor. Return to a standing position and repeat with other leg. Alternate for 1 to 2 minutes. (*Make sure front knee is in line with ankle. You want to be able to see your toes.*)

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MOVE



Shoot Hoops

Move your body and pretend to dribble a basketball for 1 to 2 minutes. You can even pretend to shoot hoops and make the game winning shot!

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fitBoost
Warm Up



Butt Kicks

Butt kicks are like running in place, except instead of bringing your legs forward as you run, kick your butt one leg at a time. Keep your arms moving too! Do this for 1 to 2 minutes.

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fitBoost
MOVE

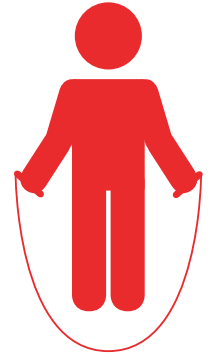


Crunches

Lie on your back and place feet so your knees are pointing straight up. Place hands on the side of your head and use your stomach muscles to bring your upper body off the ground toward your knees. Come up as high as you can, then lower your upper body back to the floor. Repeat for 1 to 2 minutes. (*Do not pull on head or neck.*)

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MOVE



Jump Rope

Pretend you have a jump rope handy and begin jumping. Hop on one foot, criss cross, or do doubles! Continue for 1 to 2 minutes. How many jumps can you do?

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fitBoost
Warm Up



Jump High

Get your heart rate up by jumping! Bend your knees and swing your arms up high while jumping. Challenge yourself and see how high you can jump! Repeat for 1 to 2 minutes.

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MOVE



Surfer

Lie on the floor face down with your arms at your side, hands on the floor. Pop up into a surfer position and "ride the wave." Return to the starting position and pop up facing the other way. Repeat for 1 to 2 minutes. How many waves can you catch?

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MOVE



Hula Hoop

Pretend you have a hula hoop and move your hips in circles for 1 to 2 minutes. You can make your hula hoop go in big or small circles, fast or slow! For more of a challenge, add arm circles.

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MOVE

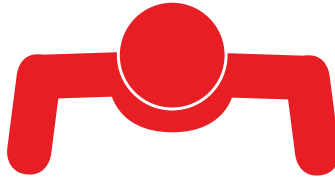


Dance in Place

You don't need music to dance! Let loose and show off your fun dance moves for 1 to 2 minutes!

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MOVE



Push Ups

Plant your hands and feet (or knees) shoulder width apart on the floor and hold up your body in a straight line. Bend your arms and lower your body until it almost touches the floor. Push back up. Repeat for 1 to 2 minutes.

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fitBoost
Cool Down



Child's Pose

Kneel down on the ground with the top of your feet flat on the floor. Slowly push back so you are sitting on your heels while stretching your arms in front of you. Tuck your head and relax. Hold for 1 minute. (Arms can also be at your side.)

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fitBoost
MOVE



Arm Circles

With arms straight out to your side, raise them to shoulder height and move them in circles for 1 to 2 minutes. You can make small or big circles, and go forward or backward. Mix it up and have fun! (Keep your arms in line with your shoulders.)

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RECHARGE Your Energy MOVE Your Body

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Cool Down



Overhead Stretch

Raise your arms above your head and hold one hand with the other. Reach toward the sky and stretch for 30 seconds. Relax and repeat once more. (Do not add extra tension by intertwining your fingers.)

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fitBoost
MOVE



Squats

Spread your feet shoulder width apart and squat down like you are sitting on an imaginary chair. Once you are "sitting," stand back up. Repeat for 1 to 2 minutes. (Try to keep your knees over your ankles. You should be able to see your toes.)

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Cool Down



Arm Across Chest

Bring one arm across your chest and hold for 30 seconds to 1 minute. You should feel a stretch in your upper arm/shoulder area. Repeat with the other arm.

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Cool Down

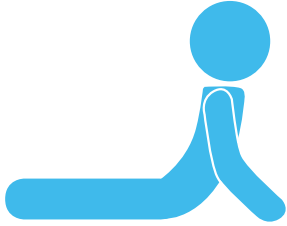


Butterfly Stretch

Sit up straight on the floor and bring your knees to your chest. Spread your legs so your feet are pressed together and your knees are as close to the floor as possible. Hold your feet with your hands and hold the stretch for 30 seconds. Relax your legs and repeat one more time.

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Cool Down



Cobra

Lie face down on the floor and place your hands under your shoulders. With your shoulders rolled back, push your upper body up while keeping your legs on the floor. Push just enough to feel a comfortable stretch and hold for 30 seconds to 1 minute. *(Do not to throw your head back or push to a point that is painful.)*

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Cool Down



Side Stretches

Spread your feet a little wider than the width of your shoulders. As you bring one arm over your head, lean with your body to one side. Hold for 30 seconds and switch to the other side.

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Quadriceps Stretch

In a standing position, bend your knee and reach behind you. Grab your foot and hold until you feel a stretch in the front of your thigh. Hold for 30 seconds and repeat on the other side. *(If you struggle to balance, use a desk, chair, or wall for support.)*

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fitBoost
Cool Down

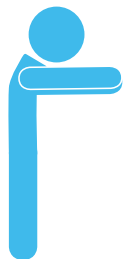


Toe Touches

Place your feet together and reach down towards your toes as far as you can comfortably go. Hold this stretch for 30 seconds. Come up slowly to a standing position and repeat again.

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Cool Down

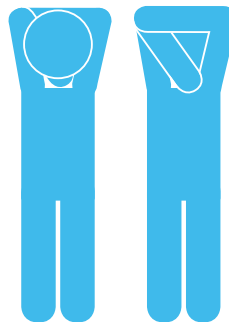


Upper Back Stretch

Reach your arms in front of you at shoulder height. Cup one hand with the other. Reach forward and curve your upper body. Tuck your head between your arms and hold the stretch for 30 seconds. Come back to an upright standing position and repeat once. *(Do not add extra tension to your fingers by intertwining them.)*

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Cool Down



Triceps Stretch

Raise one arm straight up. Bend that arm until you touch your back and hold for 30 seconds to 1 minute. You should feel a stretch in the back of your upper arm. Repeat with the other arm.

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