



Health-E-tips®
making each day a little healthier

A Movin' Minute™

Reps	Workout Routine: Seated Exercises
10	March in place
10	Stand up sit down, fast
10	Opposite elbow-to-knee touch
10	Hands on shoulders, touch elbows together
10	Squeeze your bottom tight

Health-E-tip

When choosing a breakfast cereal bar, look for bars with low sugar and at least 3 grams of fiber.