



**Health-E-tips®**

*making each day a little healthier*

## A Movin' Minute™

Reps	Workout Routine: Standing Exercises
10	Hands on hips, step right then step left
10	Left foot flexed, lift and lower leg
10	Right foot flexed, lift and lower leg
10	Squat as if sitting in a chair, hold
10	Bend, reach for your toes, hold

### Health-E-tip

**A Better Fork?** Swap your fork for a pair of reusable chopsticks. You will eat more slowly (which will help you fill up faster and eat less) and leave the heavy sauces on the plate (which are typically fat-laden).

Disclaimer: Please be advised the exercises hereunder may not be suitable for everyone, in every age, and this or any other exercise program may result in injury. To reduce the risk of injury all children should consult their doctor before beginning this or any exercise program. The exercises presented herein are in no way intended as a substitute for medical counseling.