

The background is a solid green color with a repeating pattern of white line-art icons for various fruits and vegetables, including bananas, carrots, broccoli, water bottles, mushrooms, and apples. A large, semi-transparent green circle is centered on the page, serving as a backdrop for the text.

Crunch&Sip[®]

Mini Movement Moments

CROSS JABS



Sit up tall with your feet on the floor, elbows in and reach one arm across your body. Bring arm back and repeat on the other side.

TUMMY CIRCLES



Sit up tall with your feet on the floor, place hands on your legs and begin to draw a circle with upper body. Repeat in other direction.

STAND UP HAND UP



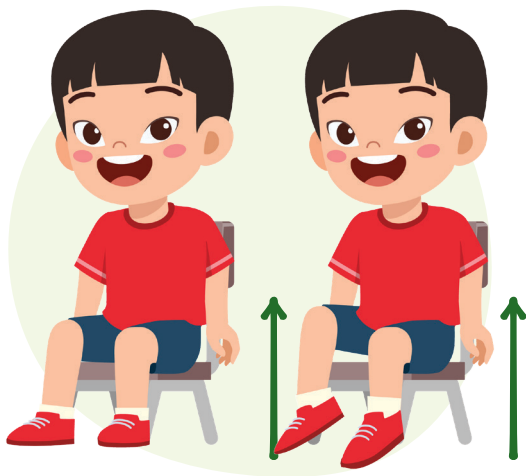
If you need to put your hand up, stand up
and put your hand up instead.

MARCHING FEET



Sit up tall with your feet on the floor,
hands by your sides and lift one leg up.
Place leg back on the floor, repeat.

CALF RISES



Sit up tall with your feet on the floor, place hands by your sides. Lift your heels up while keeping your toes on the floor.

LINE UP AND LUNGE



Stand up straight and put your hands on your hips. Step one foot forward and bend your back knee toward the floor.

OVERHEAD MARCHES



Stand up straight, reach your arms above your head and begin to march on the spot.

STAND AND SQUAT



Stand up straight with your legs shoulder width apart. Squat down as if you are sitting in a seat and come back up.

STEP OUTS



Stand up straight, step one leg out to the side and bring your hands above your head. Come back to standing straight, then repeat on the other side.

LIFT AND TUCK



When getting out of your seat, pick up the chair and do a small bicep curl before tucking it under the desk.

MARCH TO THE MAT



Need to go to the mat?
March to the mat with high knees.