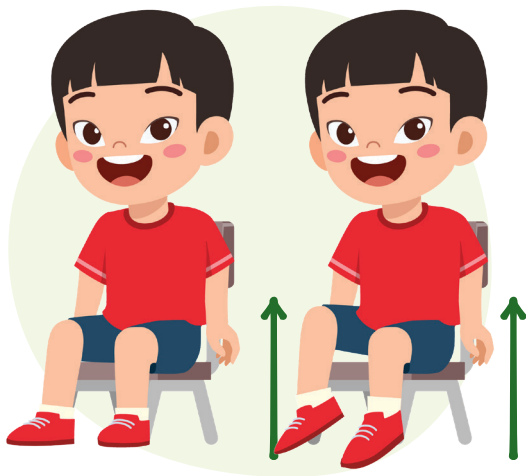


# CALF RISES



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.

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 behind the text.

# Crunch&Sip<sup>®</sup>

Mini Movement Moments