

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.

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

Crunch&Sip[®]

Mini Movement Moments