

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.

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