

OVERHEAD MARCHES



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

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, mushrooms, and water bottles. A large, semi-transparent green circle is centered on the page, serving as a backdrop for the text.

Crunch&Sip[®]

Mini Movement Moments