

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.

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 berries. A large, solid green circle is centered on the page, serving as a backdrop for the text.

Crunch&Sip[®]

Mini Movement Moments