

Connie's Cardio Corner

Calisthenics!

Exercise is an important part of living a healthy life. Grab an adult, and join Connie in these activities that do the body good!

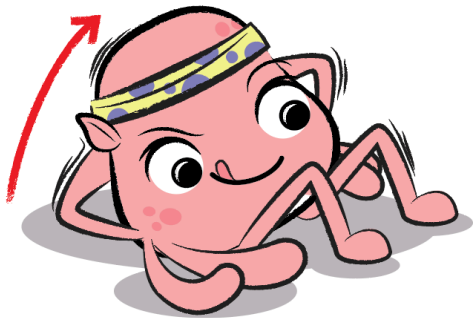
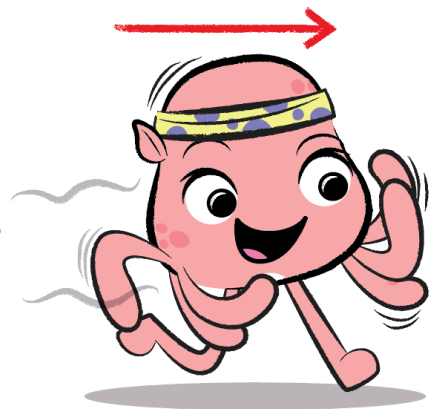


1. Jumping Jacks:

Stand straight with your feet together, and hands by your sides. Then, jump up! As you jump, spread out your legs, and bring both hands together over your head. Jump again, and bring your legs back together, and hands to your sides. Repeat 25 times!

2. Jogging:

Bend your elbows so your fingers are pointing ahead of you. Then ball up your hand into a fist, and start to run! Remember to hold your body straight, and keep your shoulders relaxed.



3. Sit-Ups:

Lie down on the floor with your knees bent. Place your hands behind your head, and use your stomach muscles to bring your upper body towards your legs. Then lie back on the ground, and repeat 10 times!

4. Push-Ups:

Lay face down on the floor, with hands at your armpits, and feet together. Then, push up by straightening both arms. To come back down, bend at the elbows until you are laying back on the floor. Repeat 10 times!

