

Recommended  
for children  
6 years old  
and up.

# LunchBox Kids WORKOUT

For A Healthy LunchBox Kids Lifestyle™

Complete each exercise  
in order from 1 to 8.  
Repeat the cycle up to  
3 times! For a bigger  
challenge, try to get 15-20  
counts on each exercise  
your last time through!

*Tip: Move quickly but  
ALWAYS control your  
form and technique!*



## 1. Abdominal Crunches

Complete 8 Counts

Lay on the floor with your lower back pressed into the floor. Your feet stay on the floor shoulder width apart and arms are crossed over your chest. Use your abdominal muscles in your stomach to raise your chest and head off the floor about 3-6 inches. Exhale as you raise up. Remember to squeeze together your abdominal muscles as you raise up and do not jerk your neck. Inhale as you lower back down to the floor and repeat!



## 2. Push-Ups

Complete 6 Counts

Lay on the floor with knees down and hands placed shoulder width apart. (or keep knees straight for harder push-ups). Push your body up until your arms are straight, keep your back flat, then lower back to the ground and repeat. Remember to inhale as you lower to the floor and exhale as you push yourself up into the push-up position.



## 3. Jumping Jacks

Complete 10 Counts

Stand straight with feet apart and arms above head, palms touching. Jump feet together while you bring your arms down to your sides and repeat! Exhale as you jump out and inhale as you jump in bringing your arms down to your sides.



## 4. Hop On Right Leg

Complete 10 Counts

Stand on your right leg while holding your left leg off the ground. Hop for 10 counts. Try to keep your body straight and stomach (abdominal) tight to strengthen your balance. Remember to breathe normally. Do not hold your breath.



## 5. Hop On Left Leg

Complete 10 Counts

Stand on your left leg while holding your right leg off the ground. Hop for 10 counts. Try to keep your body straight and stomach (abdominal) tight to strengthen your balance. Remember to breathe normally. Do not hold your breath.



## 6. Frog Jumps

Complete 8 Counts

Squat down to the floor with feet apart and put your hands in front of you on the floor. Jump up and raise your hands above your head as your feet leave the ground. Repeat 8 times. Remember to inhale on the way down and exhale as you jump up.



## 7. Jog In Place

Jog In Place For 20 Counts

Standing straight, lift one leg then as it lowers to the ground lift the other leg (just like you are running in place). Keep your back straight and stomach (abdominal) tight. Remember to breathe normally. Do not hold your breath.



## 8. Hold Toes Stretch

Hold Toes For 15 Counts

Stand straight keeping knees straight but not locked. Bend down and try to put your palms flat on the floor or grab your toes. Tuck your chin down and remember to inhale and exhale slowly for 15 counts.



Listen to Ben-Jamm-In, a.k.a. H2O  
"Remember to drink your water  
during and after you exercise  
to keep your body hydrated!"

**Important:** This workout is intended to give guidance and a visual aid to help children learn how to exercise. This information reflects the author's experiences and opinions. It is not intended to replace any medical advice from your doctor. Always get a physical release from your doctor before starting any exercise program to reduce the risk of injury.

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# Kid - Friendly YOGA

for a Healthier Generation



Mountain Pose



Chair Pose



Crescent Moon Pose



Tree Pose



Child's Pose



Downward Facing Dog Pose



Happy Baby Pose



Butterfly Pose



Rag Doll Pose



Corpse Pose

[www.Top10HomeRemedies.com](http://www.Top10HomeRemedies.com)

**Top10**  
Home Remedies

# Yoga for Kids



Swaying Tree



Chair



Airplane



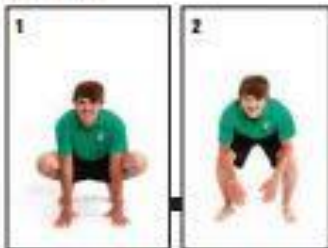
Half Dancer



Forward Bend



Gorilla



Deep Lunge



Dragon



Twisted Dragon



Bird Dog



Pigeon



Dolphin



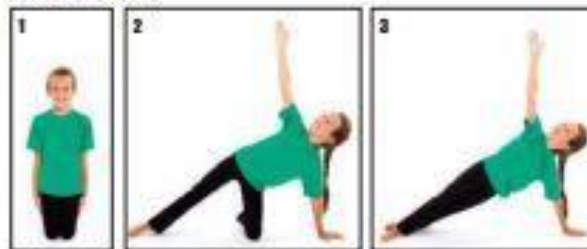
Cow



Cat



Side Plank



Half Camel



Half Boat



River



Lying Twist



Chill Pose



TRANSITION POSES:

Down Dog



Mountain



Table Top

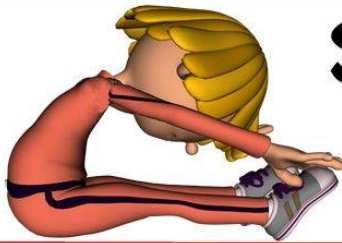


Knee Stand





# Top 10 Flexibility Exercises



**SIT AND REACH**

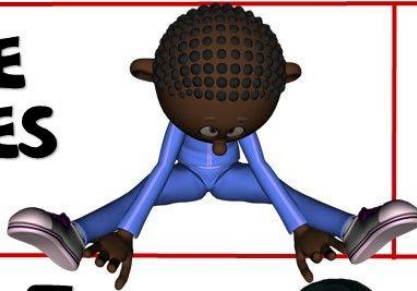
**TOE TOUCHES**



**BUTTERFLIES**



**STRADDLE STRETCHES**



**LUNGES**



**CALF STRETCH**

**TRUNK LIFT**



**HAMSTRING STRETCH**



**QUAD STRETCHES**



**Arm Rotations**

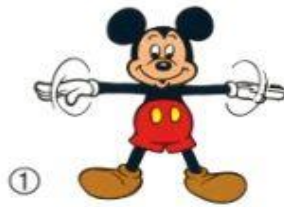


# MOUSERCISE

Words and Music by  
Beverly Bremers and Dennis Melonas

Come on, everybody, and MOUSERCISE.  
Let the music move you  
Til you're carried away.  
Keep your body moving,  
Feel your spirits rise.  
Do it every night and day.  
You can jump, you can shake it,  
Anything you make it,  
Whatever you feel is right.  
Come on, everybody, and MOUSERCISE,  
Mickey's MOUSERCISE.

© 1981 WALT DISNEY MUSIC COMPANY



① ARMS STRAIGHT OUT.  
SMALL CIRCLES FORWARD,  
THEN BACKWARD.



② BACKSTROKE.



③ LEAN FROM  
SIDE TO SIDE.



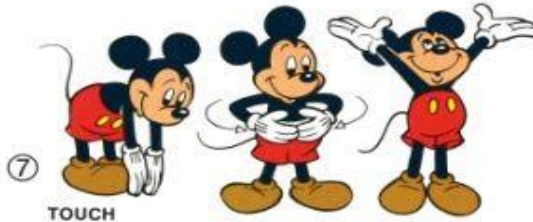
④ LIKE TOE-TOUCHES,  
ONLY OUT IN FRONT OF YOU.



⑤ MARCH,  
THEN DOUBLE TIME.



⑥ SKIP.  
(STEP, HOP, STEP, HOP)



⑦ TOUCH  
TOES. SLAP  
TUMMY. REACH BACK.  
SLAP TUMMY AGAIN.



⑧ BOUNCE!



⑨ SIT ON FLOOR.  
SCOOT ALONG AS  
THOUGH PULLING A ROPE.



⑩ ON BACK,  
KICK EACH LEG STRAIGHT UP.



⑪ SIT WITH LEGS IN A "V."  
TOUCH EACH FOOT.



⑫ SHAKE EACH LEG.  
SHAKE ARMS,  
NOW HEAD.  
NOW EVERYTHING!

1. Jumping Jacks

2. Wall Sit

3. Push-Ups

4. Crunches

5. Step-Ups

6. Squats

7. Triceps Dips

8. Plank

9. High Knees Running

10. Lunges

11. Push-Ups with Rotation

12. Side Plank