



**Health-E-tips®**

*making each day a little healthier*

## A Movin' Minute

Reps	Workout Routine: Seated Exercises
10	Stand up sit down, fast
10	Hands on hips, tap toes on floor
10	Right leg kick forward
10	Left leg kick forward
10	Squeeze your bottom tight

### Health-E-tip

Avoid spreading germs by sneezing into your elbow.