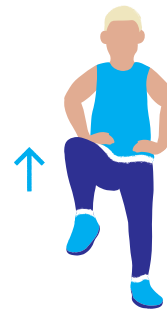


FIVE WAYS TO MOVE YOUR LOWER BODY WHILE STANDING

Repeat each activity for **30 seconds**

Knee raises



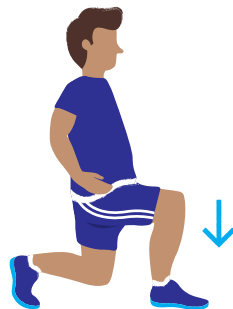
1. Stand with your feet shoulder width apart, raise the right knee, then lower it back to the ground.
2. Repeat with your left knee.

Calf raises



1. Raise both your heels slowly until you're on tip toes or as high as you can go.
2. Then slowly lower them back to the start.

Right leg forward lunges



1. Take a big step forward with your right foot and bend both your knees to about a 90-degree angle.
2. Push your right heel downwards to get back up to your starting position.

Left leg forward lunges



1. Take a big step forward with your left foot and bend both your knees to about a 90-degree angle.
2. Push your left heel downwards to get back up to your starting position.

Knee crunches



1. Stand with your feet shoulder width apart.
2. Place your hands on your head, raise your left knee, then move your right elbow towards your left knee.
3. Repeat on the opposite side.