

Boil
the
Kettle

Marching on the Spot



Instructions

1. Walk on the spot
2. Lift knees up as high as possible while maintaining balance (hold onto countertop for support)
3. Use your arms in swinging motion

Do this for 20-30 seconds

PROGRESSION

1. Lift knees slightly higher when walking on the spot
2. Do this for longer each day



Make Every
Movement Count