



# Health Boosting Workout

This is a total body, moderate intensity workout that can be done in 10-15 minutes. All you need are 2-3 lb. hand weights (or something from around the house, like soup cans or filled water bottles).

## The warm up

To warm up, walk or lightly jog on the spot or around the room for 2 minutes. Be sure to swing your arms to get your upper body warm as well.

## The workout

Perform the 5 exercises below for 1 minute each, moving at a comfortable pace from one exercise to the next. The goal is to keep a moderate intensity and pace for immunity-boosting benefits.

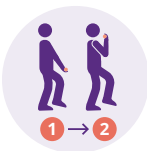
## The moves

**You can perform these exercises at three levels.**

**Beginner:** Perform 1 full cycle

**Intermediate:** Perform 2 full cycles

**Advanced:** Perform 3 full cycles



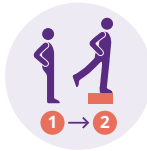
### Walking Bicep Curls

Standing tall, march on the spot around your home, or simply tap your toes while sitting. Alternate curling one arm up toward your shoulder and back down (elbow soft), keeping your elbow close to your body.



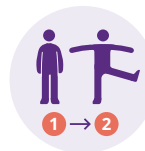
### Squat/Sit to Stand with Raises

Standing tall and close to a chair/ couch/ bed, lower yourself down (tap seat or sit) as you raise your arms up to shoulder height (with or without resistance). Repeat.



### Step-up Rear Leg Abduction

Using a step, or simply on the ground, step forward or up with one leg, while squeezing the other leg back and up. Keep your hands at your side or use a chair for balance. Stand behind a chair for extra support and alternate lifting one leg back.



### Side Leg and Shoulder Abduction

Standing tall, feet shoulder distance apart and arms by your side, extend one leg out to the side while you raise both arms out to shoulder height. Alternatively, while sitting up, alternate toe taps to the side as you raise both arms up to shoulder height.



### High Knees with Arm Pull-Downs

Alternating sides, standing tall, feet hip distance apart, pull one knee up toward your chest as you pull both arms down toward the lifting knee. Stand behind a chair for extra support or sit in a chair and alternate lifting one knee into your chest at a time.



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