

# 14 Daily 5 Minute Fitness (Goals Jumpstarter)

1. **Jump** rope or jump on the trampoline.
2. Turn on your favorite crazy song and focus on trying to **wiggle** every single part of your body at least once to the beat of the song. This means your head, hands, neck, toes, belly, arms, knees, behind, back, etc!
3. **Jog** in place.
4. Lay on floor with legs lifted slightly off the floor. **Pick up something heavy** (your baby, weights, books) and lift it up and down, up and down with your arms, straight into the air. You may pause after each minute to put your legs down for a sec if you need to.
5. Do as many **sit-ups** as you can in a row. Rest, do it again until your 5 minutes is up.
6. **Jumping jacks.**
7. While watching television, **mimic the actions** of the actors/actresses in the commercials in an over-exaggerated fashion.
8. Sing every **children's song** you can think of that has actions to go with it.  
I'm a Little Teapot  
Once There was a Snowman  
Head, Shoulders, Knees & Toes (Do this one lots!)  
The Hokey-Pokey  
Do as I'm Doing  
Little Bunny Foo-Foo (Have to jump like a bunny too!)
9. **Dance** around the kitchen (or wherever) with or without a partner.
10. Imagine a **hopscotch** game on your kitchen (or other room) floor and use it to get hopping. Or, make a real hopscotch game with sidewalk chalk outside and play it with your kids.
11. **Toe touches** & knee bends.
12. Lay on your side and lift your top leg slowly up and down, never letting it quite touch the bottom leg. Do 15 to 20 **leg lifts** before rolling over to the other side and doing leg lifts on that side. Keep repeating. For added difficulty, hold the bottom leg up a couple of inches off the floor.
13. **Stairs** Go up and down some stairs. March or hop or run or walk.
14. Play a quick game of **chase** with a child or other available, willing participant.