

Be a Super Crew Star. Get up and play!



15 minutes
Fast walking with the dog
before work or dance-dance
revolution with the kids

15 minutes
+ Walking at lunch
or playing at
recess

30 minutes of
family biking,
weights, or
gymnastics

= 60 minutes
of exercise in
the day!



Camel pose



Plow pose



Boat pose



Tree pose



Triangle pose



Belly breathing



Cobra pose



Warrior pose



Down dog pose