

# Fit Together

## Head to Toe Warm-up Exercises

**Head Turns:** look left, look right; repeat 5 times

**Head Tilt:** ear to left shoulder, ear to right shoulder; keep shoulders down and neck relaxed, repeat 5 times

**Chin Up & Down:** shoulders relaxed, drop chin to chest, then lift chin to ceiling, repeat 5 times

**Shoulder Rolls:** roll the shoulders backwards 10 times; roll the shoulders forward 10 times

**Arm Circles:** arms stretched out wide; small & big circles, forward and backward

**Elbows In & Out:** hands on shoulders, neck relaxed; push elbows out to stretch the chest, bring elbows in to stretch the back; repeat 5 times

**Side Bends:** stand tall, hands on hips; bend at the waist – front, side, back, side and then reverse direction

**Knee Kicks:** stand tall, right knee up and extend the leg; repeat 10 times then switch to other leg

**Side Leg Lifts:** stand tall, straight leg, lift right leg out to the side; repeat 10 times and switch to the left leg

**Leg Swings:** stand tall, bend right leg, heel in, swing leg forward and back, repeat 10 times, and switch legs (small movements)

**Point, Flex & Circles:** right leg out in front, point toes, and then flex foot, repeat 10 times, rotate the ankle clockwise 10 times then counterclockwise 10 times; switch legs and repeat

**Now you're ready to start your exercise routine.  
Good Luck & Stay Healthy!**

