

# HANDOUT

## Muscle Activity Cards

Photocopy this sheet and cut apart the cards.

### WALL PUSHUPS

1. Face the wall and stand a little farther than arm's length from the wall.
2. Lean your body forward and place your palms flat against the wall at about shoulder height and shoulder-width apart.
3. Slowly bend your elbows and lower your upper body toward the wall, keeping your feet planted.
4. Slowly push yourself back until your arms are straight—but don't lock your elbows.
5. Repeat 10 times.



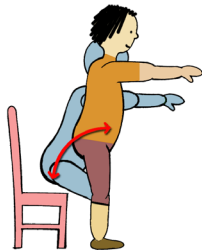
### HIP TILT

1. On the floor, lie flat on your back with your knees bent, feet flat, and arms at your sides, palms on your tummy.
2. Slowly lift your pelvis so that your hips and lower back are off the floor, while your upper back and shoulders remain in place.
3. Count to four and then slowly lower your hips back to the floor.
4. Repeat 10 times.



### CHAIR SQUATS

1. In front of a sturdy, armless chair, stand with feet slightly more than shoulder-width apart. Extend arms out, so they are parallel to the ground. Lean forward a little at the hips.
2. Slowly lower until your bottom almost touches the chair. Make sure that your knees NEVER come forward past your toes.
3. Pause. Then slowly rise back up to a standing position. Keep your knees over your ankles and your back straight.
4. Repeat 10 times.



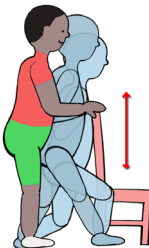
### TUMMY CURLS

1. Lie on your back, knees bent and feet flat on the floor.
2. Place your hands over your ears.
3. Slowly raise your shoulders and upper back off of the floor to the count of two. Keep your chin lifted toward the ceiling and elbows pointed out. Don't pull on your head or neck with your hands.
4. Pause. Slowly lower your shoulders back to the floor.
5. Repeat 10 times.



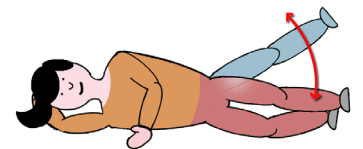
### LUNGES

1. Stand next to a sturdy chair, feet shoulder-width apart. Hold the chair with your right hand for balance.
2. Take a large step forward with your right foot.
3. Keeping your upper body straight, bend right knee and lower hips toward floor. Keep right knee above your right ankle as you lower.
4. Push against the floor with your right foot, raise up and step back to starting position.
5. Repeat 10 times with right leg. Then repeat 10 times with left leg.



### LEG LIFTS

1. Lay on the floor on your right side. Bend right arm at the elbow to support your head. Place left hand on the floor in front of your tummy to help you balance. Slightly bend your right knee back.
2. Keeping your back and left leg straight, slowly lift your left foot toward the ceiling.
3. Slowly lower your left foot.
4. Repeat 10 times with the left leg. Then repeat 10 times with right leg.



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**Kangaroo Jump 4: Mooving & Motion - 75**

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New 5/07; Reviewed 5/09/WEB

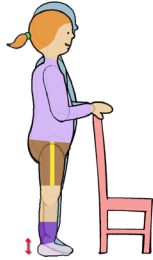
## HANDOUT

# Muscle Activity Cards for Limited Space

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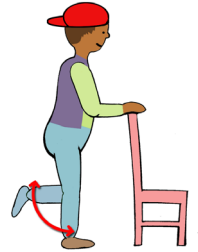
### TOE RAISES

1. Stand behind a sturdy chair or counter with feet shoulder-width apart. Use the chair or counter for balance if needed.
2. Slowly push up as far as you can, onto the balls of your feet and hold for two to four seconds.
3. Then slowly lower your heels back to the floor.
4. Repeat 10 times.



### STANDING LEG CURL

1. Stand behind a sturdy chair with feet shoulder-width apart. Use the chair for balance if needed.
2. Slowly bend your right knee and raise your foot off of the floor behind you to the count of four. Hold for two counts, then slowly lower your foot to the floor to the count of four.
3. Repeat 10 times with the right leg and 10 times with the left leg.



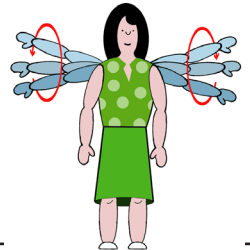
### SEATED CRUNCHES

1. Sit in a chair without any arm rests and hold your arms across your chest.
2. Bring your right elbow down and across your body to touch your left thigh or knee as you raise the left foot 1-2 inches off the floor.
3. Alternate the movement with the left knee and right elbow.
4. Repeat 20 times.



### AIRPLANE ARMS

1. Standing, put your arms straight out to your sides.
2. Slowly make 10 big circles with both arms.
3. Face palms toward the floor, make 20 small circles clockwise with both arms.
4. Next, make 20 small circles counterclockwise with both arms.
5. Face palms toward ceiling. Repeat steps 3 and 4.



### SIDE HIP RAISES

1. Stand behind a sturdy chair with feet shoulder-width apart. Place your hands on the back of the chair for balance.
2. Keeping your back and right leg straight, slowly raise your right foot to the side to the count of four. Then slowly lower your foot to the floor to the count of four.
3. Repeat 10 times with the right leg and 10 times with the left leg.



### KNEE EXTENSIONS

1. Sit in a sturdy chair with your back touching the back of the chair.
2. Slowly raise your right foot to the count of four until your leg is straight in front of you. Slowly lower your foot to the floor to the count of four.
3. Repeat 10 times with the right leg and 10 times with the left leg.



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