



July 2016

# GET FIT - STAY FIT

## The Living Room Workout (example of a 30 min. routine)

### Repeat 3 times

- ✓ 15 squat jumps
- ✓ 5 push-ups
- ✓ 25 high knees
- ✓ 7 burpees
- ✓ 10 lunges
- ✓ 7 squats
- ✓ 5 push-ups
- ✓ 10 lunges
- ✓ 5 push-ups
- ✓ 7 squats
- ✓ 15 squat jumps
- ✓ 1 minute wall sit
- ✓ 5 push-ups
- ✓ 25 high knees

### How to Videos

<http://30dayfitnesschallenges.com/how-to-do-squat-jump-exercise/>

<http://30dayfitnesschallenges.com/how-to-do-a-burpee/>

### Fun Fact

2012 Danish Study demonstrated that exercising 30 min/day is as effective as 60 min/day for weight loss.

<http://ajpregu.physiology.org/content/303/6/R571>

## ALL IT TAKES IS



As a general goal, aim for at least 30 minutes of physical activity every day.



Having trouble tracking your activity?  
Try using a Fitbit or an app to track your activity.

No time for a 30 minute walk?  
Try a 10-minute walk, 3 times a day.

### Additional 30 Minute Workouts

<http://fitness.nasm.org/fitness/30%20Minute%20Workouts>

<https://www.verywell.com/30-minute-total-body-strength-workout-1231505>

<https://www.fitnessblender.com/videos/30-minute-at-home-abs-and-cardio-workout-video>

To view upcoming PHS Athletics events, visit: <https://dcp.psc.gov/osg/phsa/>

To view the Get Fit Stay Fit website, visit: [https://dcp.psc.gov/osg/JOAG/resources\\_getstayfit.aspx](https://dcp.psc.gov/osg/JOAG/resources_getstayfit.aspx)

#### DISCLAIMER-

Always consult your physician before beginning any exercise program. This general information is not intended to diagnose or treat any medical condition, or to replace your healthcare professional.