

Increasing Physical Activity | Five Fitness Band Exercises

A resistance band is a strip of elastic used for strength training. It's inexpensive, portable and can be a very effective tool for your fitness routine. [Repeat the circuit two to three times.](#)



1 Lats/Upper Back Pull Downs

Hold the fitness band wider than your shoulders overhead, then pull down and extend in the front of your body.

10-12 repetitions



2 Bicep Curls

Place the band smoothly under both feet. Place your feet hip-width apart. Adjusting the tension by holding more or less of the band, begin curling the band up with palms facing your upper body.

10-12 repetitions



3 Tricep Kickbacks

Standing on the band with feet hip-width apart, hold the band and extend both arms backward, extending your triceps.

10-12 repetitions



4 Side-to-Side Legs

Begin by standing hip-width apart, then step side-to-side while keeping the band in place.

5-6 repetitions on each side



5 Bicep Curls

Stand on the fitness band with feet hip-width apart, then hinge at your hips as if you were sitting back in a chair.

10-12 repetitions

Tips for all exercises:

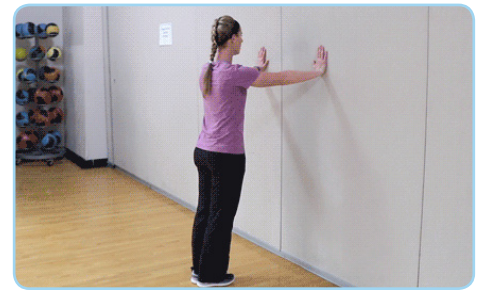
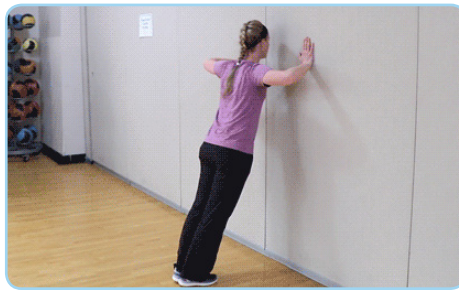
Make sure that you have the right fitness band for your fitness level. Always check your band to make sure there are no tears. If you do find a tear, replace your band immediately.

Increasing Physical Activity | Three Ways to Do a Push-up

Push-ups mainly target your chest muscles, but they also help shape your shoulders, triceps and your core. Plus, they're effective and convenient since they don't require equipment.

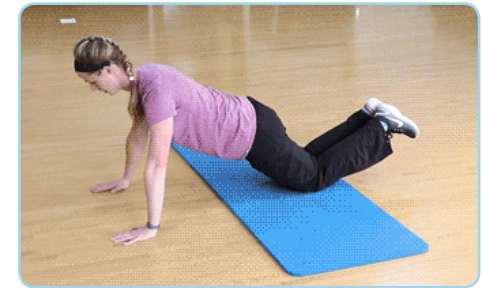
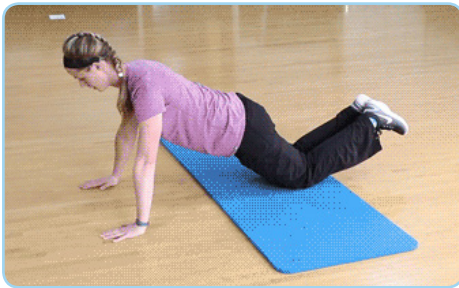
1 Wall Push-up

A simple modification for the standard push-up is modifying against a wall. Place your hands shoulder-width apart, keep your feet close together, and feel those chest muscles get to work without stress or strain on your wrists.



2 Modified Push-up

By dropping to your knees when you're in the plank position, you make the move a little easier. This helps you feel empowered and gets you on the road to building your strength and stamina so you can take on a standard push-up.



3 Incline Push-up

An incline push-up changes up your form, making your lower chest and triceps work a little harder. If you don't have an exercise step you can always use your stairs at home.



Increasing Physical Activity | Playground Workout

Adopting a healthy lifestyle isn't just working out and eating right, it's making connections with loved ones while getting outside! Here are some exercises to do while your kids are at the park.

1 Swing Plank

Using a swing while moving through a plank position is another way to challenge your balance and build muscle at the same time.



2 Push-up

Using a raised surface for a push up can be an easy way to keep an eye on your kids while working your chest and arms.



3 Elevated Lunge

Any raised surface that gives you stable footing can be used as a spot to do an elevated lunge. Use the playground barrier to give your back leg a little height and bring a challenge into your workout. Just remember, the higher that back foot is, the more challenging the move.

