

Stay Active. Stay Healthy.

Coloring Sheet

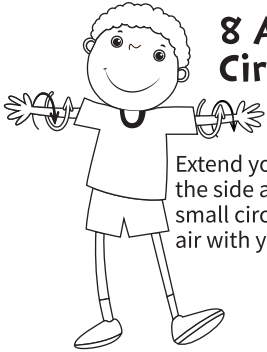
School is out, but it is still important to remain active. You can stay healthy at home by exercising daily and eating right. Below are some easy at-home exercises for you to try. Post your at-home exercise videos and tag and use **#iStayActive**.

f @SanAntonioSports

ig @SA_Sports84

t @SA_Sports

Warm-up



8 Arm Circles

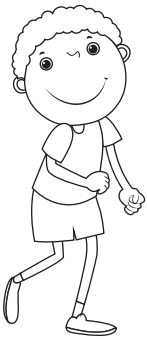
Extend your arms to the side and draw small circles in the air with your hands.



8 Hip Rotations

Slowly move your hips in big circles, alternating directions.

Cool Down



Walking in Place

For one minute, slowly walk in place taking deep breaths.



Quad Stretch

Stand on your right leg and bend your left leg at the knee pulling toward your back to hold for 10 seconds. Then switch legs.



Shoulder Stretch

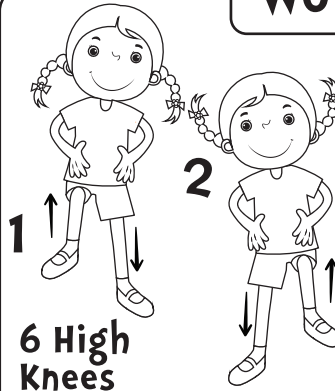
Take your left arm and hold it across your body with your right arm for 10 seconds, then switch arms.



Core Stretch

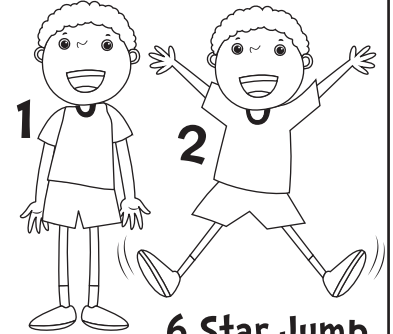
Lay on the floor and slowly extend your arms and arch your back to hold for 10 seconds.

Work Out



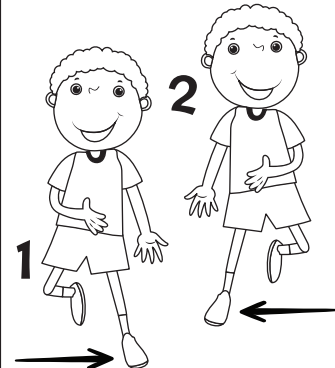
6 High Knees

Lift your right knee up to your chest, and then your left knee. Continue alternating at a jogging pace.



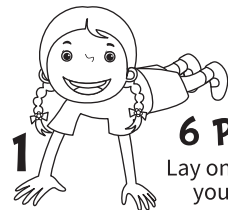
6 Star Jump

Bend your knees and squat down, then jump in the air as high as you can extending your arms and legs.



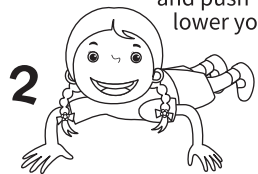
6 Speed Skater

Start on your right foot, and then hop to your left foot, crossing your right leg behind your left. Then switch to the other side.



6 Push Ups

Lay on the floor with your arms slightly wider than your shoulders. Straighten your arms and legs and push-up, then lower your body.



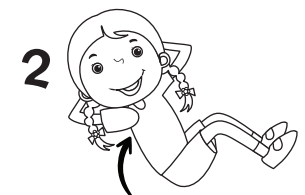
6 Super Heroes

Lie on your stomach, stretch your arms out in front. Arch your back, and then lift your chest, arms, and legs off of the ground and hold briefly.



6 Sit Ups

Lie down on your back and bend your knees. Cross your arms over your chest, and bring your body up to your knees.



i play!

afterschool



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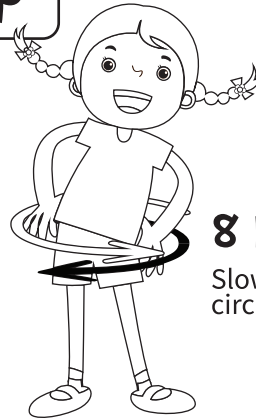
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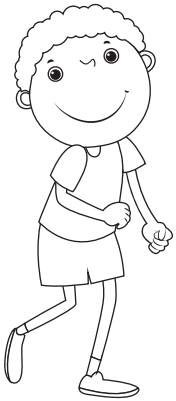
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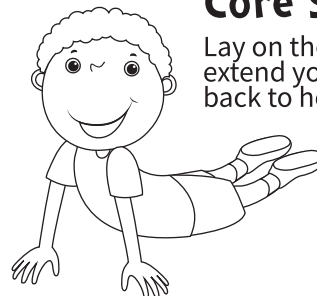
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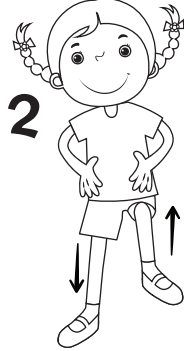
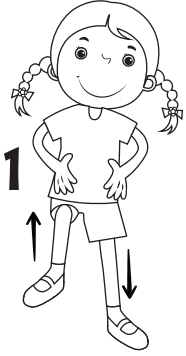
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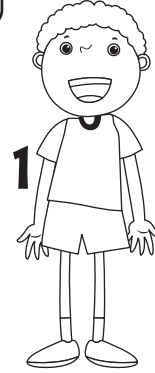
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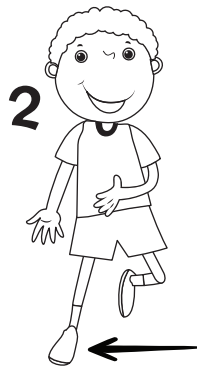
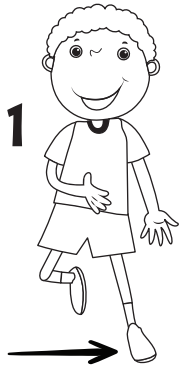
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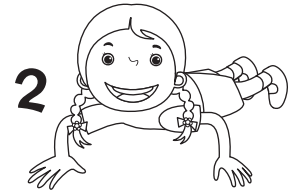
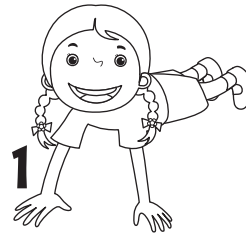
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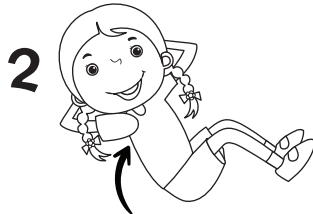
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