**FITNESS FRENZY**

**Flip A COIN WORKOUT**

**Heads**
- 15 jump squats
- :60 jog in place
- 20 kneeling pushups
- 20 jumping jacks
- 40 high knees
- 35 crunches
- 10 pushups
- :60 jog in place
- 50 crunches

**Tails**
- 25 calf raises
- 25 jumping jacks
- 10 pushups
- :50 jog in place
- 40 jumping jacks
- 20 sit-ups
- 20 kneeling pushups
- 25 jumping jacks
- 20 sit-ups

**TIPS FOR INCREASING MOVEMENT**
- Join a club sport
- Spontaneous dance party
- Take a walk between classes
- Read your books on an exercise bike or elliptical
- Take the stairs

**Benefits of Movement**
- Increased Heart Health
- Improved Memory
- Improved Sleep
- Mood
- Less Stress
- Health
- Weight

**Exercise & Physical Activity:**
- Boosts Brainpower
- Melts Away Stress
- Gives You Energy

**30-60 Minutes of Movement**

**Give It A Try**

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**I WORKOUT...**
for my health and well-being
because I enjoy it
confidence
To be a good role model for my friends
To feel good
the feeling of accomplishment
To be strong
happiness
To reach new goals
To push my limits
**For Me!**

**Fitness doesn’t have to be exercise, it can be any type of physical activity or movement**
I WORKOUT...

for my health and well being
BECAUSE I ENJOY IT

CONFIDENCE
To be a good role model for my friends
to feel good
the feeling of accomplishment

To be strong
HAPPINESS
To reach new goals
To push my limits

[INSERT YOUR REASON HERE]

For Me!

30-60 Minutes of Movement

Give It A Try
# Fit Friday

## FITNESS FRENZY

### Flip A COIN WORKOUT

<table>
<thead>
<tr>
<th>Heads</th>
<th>Tails</th>
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</thead>
<tbody>
<tr>
<td>1st</td>
<td>15 jump squats</td>
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<tr>
<td>2nd</td>
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<tr>
<td>3rd</td>
<td>20 kneeling pushups</td>
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<tr>
<td>4th</td>
<td>20 jumping jacks</td>
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<tr>
<td>5th</td>
<td>40 high knees</td>
</tr>
<tr>
<td>6th</td>
<td>35 crunches</td>
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<tr>
<td>7th</td>
<td>10 pushups</td>
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<tr>
<td>8th</td>
<td>:60 jog in place</td>
</tr>
<tr>
<td>9th</td>
<td>50 crunches</td>
</tr>
</tbody>
</table>

### 30-60 Minutes of Movement

**Give It A Try**
Fitness doesn't have to be exercise, it can be any type of physical activity or movement.

30-60 Minutes of Movement

Give It A Try
Fit Friday

FITNESS FRENZY

Exercise & Physical Activity:
Boosts Brainpower
Melts Away Stress
Gives You Energy

30-60 Minutes of Movement

Give It A Try
Fitness Frenzy

Exercise Improves Memory and also your GPA

30-60 Minutes of Movement

Give It A Try
Fit Friday

FITNESS FRENZY

Benefits of Movement

- Improved Memory
- Improved Health
- Improved Sleep
- Less Stress
- Increased Heart Health
- Improved Mood
- Maintain a Healthy Weight

30-60 Minutes of Movement

Give It A Try
Fit Friday
FITNESS FRENZY

3/5 Tufts Students exercise 2+ days per week

30-60 Minutes of Movement

Give It A Try
Fit Friday

FITNESS FRENZY

TIPS FOR INCREASING MOVEMENT

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30-60 Minutes of Movement

Give It A Try