



Be healthy workout

Work up a sweat with this challenging set of exercises.

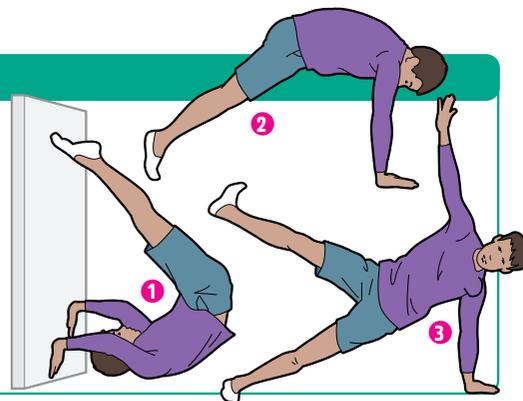
It's important to stay fit this fall, whether you're at school in person or remotely. These moves will help.



No matter where you are, there are many ways to keep moving and keep your body healthy. This indoor workout is the last in a series from Chris and Tristan from Mint Coaching (mintcoaching.fit). For this workout, do three rounds of each exercise, then rest for two minutes. Repeat this circuit between three and five times.

Warm-up

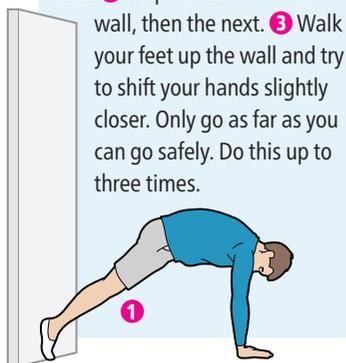
Do these three moves five times each, then repeat three more times. **1** Lie stretched out on your back with your fingertips touching a wall. Raise your legs together over your head and touch the wall with your toes. **2** Start in a push-up position. **3** Then lean sideways to a side plank, slowly taking one hand off the floor and pointing it to the ceiling. Do the same with your leg to make a star shape.



Wall climbers

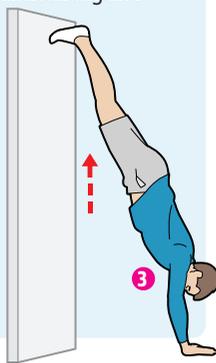
What to do

1 Put your palms and (clean!) feet on the floor, with your feet at the base of a wall. **2** Step one foot onto the wall, then the next. **3** Walk your feet up the wall and try to shift your hands slightly closer. Only go as far as you can go safely. Do this up to three times.



What it does

Gymnastics coaches use this move to teach the handstand position and build shoulder strength. It's important to keep your arms strong and straight and your core (stomach and back muscles) tight. Visualize pushing the floor away with your arms.



Tuck and roll

What to do

1 Squat on the floor with your arms out in front. **2** Curving your spine, roll backward, then roll forward again to a seated position. Do this 10 times.



What it does

This will work your abs (stomach muscles). You can make it easier by hugging your knees as you roll.



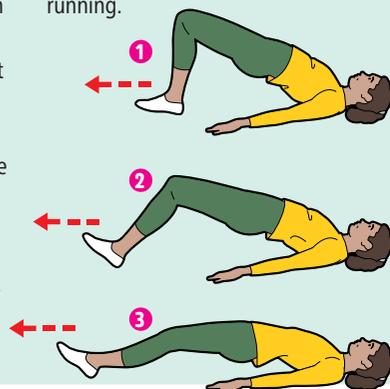
Hamstring slide-outs

What to do

1 Find a floor you can slide on. With socks on, lie on your back with knees bent. Have your feet flat on the floor. **2** Press your hands into the floor and lift your hips to the ceiling. **3** Slowly slide out your feet as far as possible while keeping your hips from touching the floor. Then bend your knees and slide your feet back toward your hips. Do this 10 times.

What it does

This is great for runners. It targets your hamstrings (muscles at the back of your legs), which propel you forward when running.



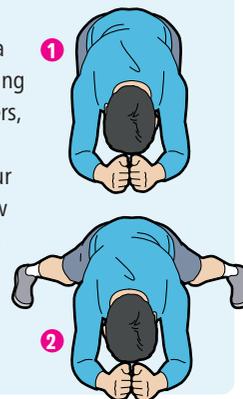
Plank jacks

What to do

1 Find your plank position by lying face down, then lifting up to place your elbows directly under your shoulders with forearms on the ground. Lift your hips off the floor and hold. **2** With a small jump, open legs out sideways, then jump them back in. Do this 10 times.

What it does

This move works your core (stomach and back) muscles. To get the most from it, visualize a straight line running from your shoulders, down your back, all the way to your heels. Don't allow your back to arch away from this line, either upward or downward.



DID YOU KNOW? Listening to music while exercising can increase performance by 15%.