

Here are 30 activities you can do for 5 minutes at a time. Go in order, mix it up, or pick and choose your favorites.

1. Walk
2. Tippy toes—Rock back and forth on your toes and every so often hold the “up” for a couple seconds.
3. Bike ride
4. Arm circles
5. Frisbee
6. Leg lifts
7. Dance
8. Air punches
9. Biceps curls
10. Jump rope
11. Windmills
12. Cherry pickers
13. Jumping jacks
14. Squats
15. Lunges
16. Basketball
17. Trunk twists
18. Push-ups
19. Play tag
20. Vacuum
21. Pull weeds
22. Yoga
23. Leg kicks
24. Chair rolls—If you work in an office, this is a great one. Move your rolling chair around using the strength of your legs.
25. Dust
26. Step-outs—Using a resistance band carefully placed around your mid-thighs, lower to a squat and step out. Take five steps to the right and then five steps to the left. Keep it going for 5 minutes.
27. Curb or stair steps
28. Swim
29. T raises
30. Triceps dips