

Hops



- To improve your balance, try standing on one foot for as long as you can, aiming for about 30 seconds
- For extra challenge, place 2-3 foot long strips of tape on the floor in an X pattern
- Hop forward and backward along one arm, then hop sideways each direction along the other arm
- It is recommended that children spend at least an hour of activity every day. It is also recommended that children do not spend more than an hour at a time sitting (watching TV, etc.)

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
