

FOODFIT

FROM A TO Z



A Arm Circles

B Bicep Curls

C Cuban Press

D Donkey Kicks

E Elbow Plank

F Flutter Kicks

G Goblet Squat

H Heel Raises

I Inch Worm

J Jumping Jacks

K Squat Kicks

L Lunges

M Mountain Climbers

N Narrow Squat

O One Leg Hop

P Press Ups

Q Quick Feet

R Rope Skip

S Side Lunge

T Twists

U Upright Row

V V Sits

W Wall Sit

X X Push ups

Y Yoga Pose

Z Zig Zag Jumps

FOODFIT



EXERCISE

INSTRUCTIONS

FOOD FIT is all about making your food choices into FUN and EASY TO DO exercise choices.

You should write down your favourite BREAKFAST, LUNCH, EVENING MEAL or just a SNACK and use the attached sheet to SPELL OUT your choice through movement!

All of the exercises should be done for just 10 SECONDS if it is a hold or a pose or 10 REPETITIONS if it is a movement.

DONT WORRY if you do not have equipment- use what you have i.e. Tins from the cupboard or bottles of water to give you some RESISTANCE