Got a moment to spare? Try these moves.

Get your muscles moving with these simple steps.

Side Steps

- Step your right leg out to the side, then bring your left leg to join the right. Now do the same to the left.
- Repeat stepping each way until the lift arrives.

Walk on the spot

- Bend your knee and lift your right leg up as if taking a step, then put it straight down again.
- Repeat with the left leg.
- Keep marching on the spot until the lift arrives.

For more tips visit **getactive.vic.gov.au**

GET ACTIVE VICTORIA

VICTORIA State Government

If you have any concerns or questions about your health before undergoing this activity, please consult with a physician or health-care professional first.