

The Commercial Break Workout

with Mary



For every ½-hour TV show, there are about 12 minutes of commercial time.

The next time you tune in, try this workout and turn your viewing pleasure into a healthy pastime!

Break #1:



Get your heart rate up and blood pumping! March or run in place for the 1st commercial. For the 2nd commercial, try performing 20 jumping jacks, then skip or jump in place until your show comes back on.

(This activity will burn approximately 30 calories in 3 minutes)

Break #2:



Walk on your tippy-toes around the room for the 1st commercial. For the 2nd commercial stand in front of a couch or a chair with your feet hip width apart, squat down until you are *almost* sitting back down, then stand back up - repeat until the break is over.

(This activity burns approximately 20 calories in 3 minutes)

Break #3:



Lay down on the floor & tuck your toes under the couch, do some sit-ups. After the 1st commercial, switch over to push-ups, on your knees or against the wall (make sure that your hands are directly under your elbows and shoulder-width apart)! Keep switching back and forth between sit-ups and push-ups until your show comes back on.

(This activity burns approximately 30 calories in 3 minutes)

Break #4:



Balance check! Hop or balance on one leg for one commercial, switch to the other leg for the next commercial. Keep alternating legs for each commercial until your show comes back on!

(This activity burns approximately 35 calories in 3 minutes)

Make exercise easy & fun!

Ask family members to join in. Any type of movement is encouraged during a commercial. If jumping is difficult, try walking in place - seated or standing.