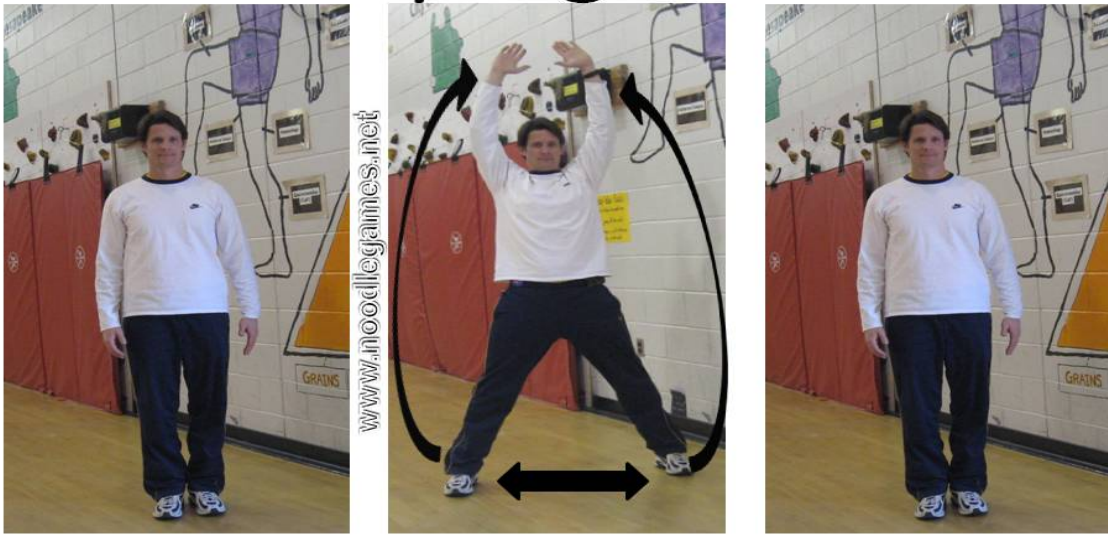


RISK FACTOR TAG

SMOKING

Jumping Jacks



Ready

A
Repeat

B

20

**JUMPING
JACKS**

RISK FACTOR TAG

DIABETES

Head to Toes



Ready
Position

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8

HEAD TO TOES

RISK FACTOR TAG

HIGH CHOLESTEROL

Cross Crawls



Ready

A

B

C

Repeat

12

**CROSS
CRAWLS**

RISK FACTOR TAG

OBESITY

Bear Kicks



Ready
Position



12

BEAR KICKS

RISK FACTOR TAG

HIGH BLOOD PRESSURE

Push-Up
Shoulder Taps



Ready
Position



12

PUSH-UP SHOULDER TAPS

RISK FACTOR TAG

PHYSICAL

INACTIVITY

Crab Kicks



Ready
Position



16

CRAB KICKS