

## Motion Zone: Doing Chores

### Skipping Steps

Keep your stomach in and lift your chest.

Take a wide step with your right foot, skipping one step.

Repeat until you reach the top of the stairs.

### Walking Lunge

Keep your stomach in while pushing the vacuum cleaner forward.

Take a wide step with your right leg.

Lower your body to the ground, making sure your knee doesn't go over your toe.

Take another step, bringing your back leg forward.

Lower your body to the ground.

Repeat 12-15 times.

