

## **5 for 5 Exercise Program**

TOPS PA 0768 Mansfield shares with us this awesome idea! Your chapter could do this weekly if you wanted or suggest your members make it a habit at home everyday. Here's how it works...

Set a timer for 5 minutes, then do a series of stretches and exercises, all in 5's until the time is up. 5 Stretches, 5 marches in place, 5 small arm circles (both forward and backwards), 5 large arm circles (fwd & back), 5 toe raises, 5 forward lunges, 5 to each side, 5 reaches to the stars, etc. This can be done at home and you can create your own bends and stretches and many of these could also be done from a chair.