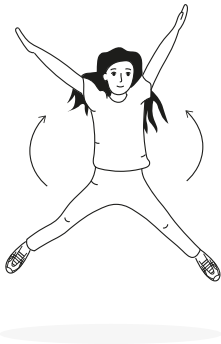




# The Little Reminders Workout



The ASICS Little Reminders have developed the first-ever exercise guide made by children for adults to remind us to exercise for how it makes us feel, not how it makes us look.



Stand with your arms and legs wide and do **10x star jumps**.



Stretch your arms out wide and **spin round five times**.



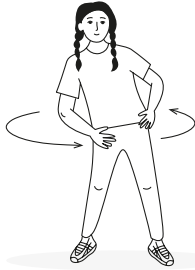
Pat your head and rub your tummy at the same time whilst hopping. **10x hops on each leg**.



Become an airplane and stick your arms out like wings. **Fly around the room for 60 seconds**.

## LITTLE REMINDER TIP

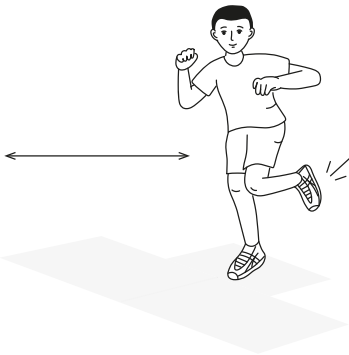
Our Little Reminder says it's even more fun when you make the noises too



Swing your hips in circles like you're hula-hooping. **Do this 10x times.**



Jump onto an object or piece of furniture quickly. **The floor is now lava.**



Hopscotch to one side of the room. **Repeat the other way.**



Turn your body into a pencil on the floor, making your body as long as possible. **Roll right and left 3x times.**

Take a quick rest then **repeat 3x times** at your own pace.

Remind yourself to move for your mind  
at [asics.com/littlereminders](https://asics.com/littlereminders)

