

# YOU'RE NEVER TOO COOL TO COOL DOWN



Keep safe while exercising! Do consult a health professional if you are unsure about a new exercise and take the Get Active Questionnaire (GAQ) before exercising. Always build intensity gradually and stop if you feel unwell.

1



Stick out your pinkie and thumb on both hands. Bob up and down with bent knees.

2



With your right hand on your right hip, give a thumbs up with your left hand and sweep it down, while stepping out your right foot. Repeat on the opposite side.

3



Reach for the sky with both hands, then bend forward and lower your arms like an aeroplane.

4



Facing the front, tap out with your left foot, and then the right, keeping them as wide as your hips.

5



Do a star pose, and sweep your arms like an aeroplane towards the ceiling while breathing in, and straighten your knees.

6



Sweep your arms towards the floor while breathing out, and bending your knees.

7



Sit cross-legged and stretch your left arm overhead to the right, with your right hand on your right hip. Repeat on the opposite side.

8



Stretch your right hand across your body and use your left palm to push it closer towards you. Repeat on the opposite side.

9



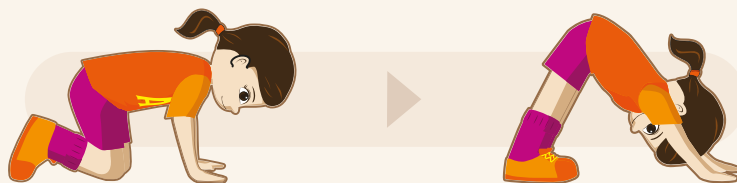
Still on the floor, straighten your legs and reach forward to touch your toes.

10



See how far you can split your legs and stretch your arms out towards your feet.

11



Form a table with your body, with knees and hands on the floor, then form an upside-down 'V'!

12



Sit back down with your legs straight, and form a 'V' with your arms. Well done!

13



Ensure adequate hydration and food intake prior to exercising. Avoid or modify any exercise that causes you pain or discomfort. Stop exercising immediately if you feel unwell.

In collaboration with



KK Women's and  
Children's Hospital  
SingHealth



Learn how much exercise your child needs from the Singapore Physical Activity Guidelines (SPAG)



Discover more ways to stay active at [moveit.gov.sg](https://moveit.gov.sg) or download the H365 app now!