

# GET A SUPER START WITH A SUPER WARM-UP



**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



Stretch out your left hand and reach towards your head.

2



Stretch your neck by gently holding it down to your left shoulder for 5 seconds. Repeat steps 1 and 2 on the right side.

3



Sweep your arms like an aeroplane towards the ceiling while breathing in, and bend your knees. Repeat x2.

4



Sweep your arms towards the floor while breathing out, and bend your knees. Repeat x2.

5



Lean on your right leg and bend the right knee, straightening your left foot. Repeat on the other side.

6



With your right hand on hip and left hand showing the number 3, take two steps to the left.

7



Strike a pose, still showing the number 3!

8



Take two steps back to the right. Perform steps 6 to 8 once more, showing the number 2!

9



Imagine you are holding a ball between your left and right palms, and bob up and down!

10



Turn to the left and push an imaginary wall. Repeat on the right side.

11



Take a big stretch and reach towards the sky.

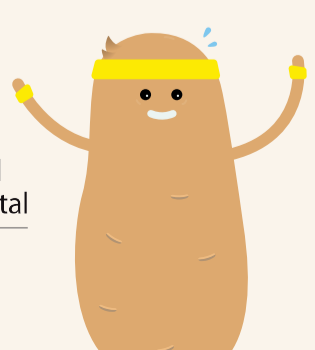
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Hug both your elbows behind your head and lean towards the left. Repeat on the right side.

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



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



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