

5-Minute Aerobic Activity Exercise

Aerobic activity helps your whole body stay healthy, including your heart and lungs. It helps to decrease your risk of developing certain chronic conditions such as diabetes, hypertension, heart disease, and stroke.

Learn more about the benefits of physical activity and access more resources to keep you motivated and moving at extension.umaine.edu/food-health/physical-activity.

Exercise instructions: Do each exercise for 30 seconds. Repeat the circuit.

Side Step with Heel Kicks



How to: Stand with your feet together and hands by your side. Step one foot out to the side and raise your opposite foot off the ground and bring it behind you into a heel kick, and then put your foot back down. Alternate between sides. You can also engage your arms while you do this, curling both arms upward in front of you into a bicep curl while you lift your leg to do the heel kick.

The University of Maine is an equal opportunity/affirmative action institution.

The participant should be aware of the typical dangers, hazards and risks that accompany any physical activity. Participants are aware of and shall assume all risk and liability for any and all injuries that may come from physical activity, including, but not limited to, sprains, breaks, tears, bruises, lacerations, falls, broken bones, head injuries, and heart or lung issues. You should always check with your primary care physician before starting any exercise regimen or physical activity.

Jumping Jacks



How to: Start with your arms straight down at your sides and your feet together. Then jump your feet apart and lift your arms over your head, bringing your hands together at the top. You will then bring your hands back down by your side and jump your feet back together, and repeat.

Modify: Instead of jumping your feet out, you will step one foot out to the side while you bring your arms over your head, and then return that foot back to the starting position. You can then alternate and step your other foot out, and repeat (note: pictures are showing the modified jumping jack).

Jog in Place



How to: Start with both feet shoulder-width apart. Lift your right foot and your left arm at the same time, raising your knee up to your hips. Bring your right foot back to the ground and switch and bring your left foot up with your right arm, repeating these movements. You can slow down or pick up the pace as needed to modify or challenge yourself.

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Wall Mountain Climbers



How to: Stand with your feet shoulder-width apart facing the wall at an arm's-distance away. Put your hands on the wall at shoulder height. Step your feet back further from the wall so that you form a slight diagonal line with your body. Bring your right knee up to your waist, and then return your foot to the floor. Repeat with your left side, continuing to alternate between sides.
Challenge yourself: This exercise can be done on the floor.

Step Aerobics



How to: Start by standing with your feet together. Step forward with your right foot, and then with your left foot. Then step back to start with first your right foot and then your left foot. Continue repeating this motion. On the second set of the circuit, you can start by stepping forward with your left foot.
Modify: Slow down your pace as needed.
Challenge yourself: This can be done using a stair or step. Increase your pace to increase your heart rate.