

<p>Get between 7,000 and 10,000 steps today</p>	<p>Just dance with this <a href="#">HIP-HOP WORKOUT</a> video</p>	<p>Shoot hoops for 30 minutes</p>
<p>Get your blood pumping and your cardio on with this HIIT (high intensity interval training) <a href="#">TABATA WORKOUT</a> video</p>	<p>Work on speed training and endurance by running/sprinting for 30 seconds, then walking for 30 seconds (repeat) for 1 mile or ten minutes</p>	<p>Relax with this <a href="#">BEGINNERS YOGA</a> video</p>
<p>Try your hand at this less challenging <a href="#">BEGINNERS TABATA WORKOUT</a> video</p>	<p>If you have access to a pool/open beaches swim for 30 minutes</p>	<p>Try challenging yourself with this <a href="#">POWER YOGA WORKOUT</a> video</p>
<p>Play catch or pass with someone for 30 minutes (ex. soccer, basketball, softball, baseball, volleyball, tennis, frisbee, etc.)</p>	<p>If you are a current spring sport athlete check in with your coach for a sport specific workout or training program</p>	<p>Go for a 20 minute walk or jog with the family or your pet</p>