

play • HEALTHY FAMILY



CAR TRIP CALISTHENICS

It's road trip season, and those extended car journeys promise tons of fun at the end. But all that sitting can be as rough on our bodies as it is on our patience. One way to fight back, says Merilee Kern, kids' health advocate and author of *Making Healthy Choices: A Story to Inspire Fit, Weight-Wise Kids*, is to take your workout on the road with you. Here are her suggestions for fun, in-the-seat exercises to help passengers stay revved up for the long haul.

CAR MOVES

Backseat Driver

Pretend to power the car with your feet (bicycle-pedal, run Flintstones-style), steer, honk the horn, and pump the brake. Do each move for at least one minute, then repeat two more times.

Dance in Your Seat

Turn up the music and work your upper body with the following dance moves. Do each one for at least one minute, then repeat three times.

- **Raise the Roof:** Push your palms upward repeatedly as if trying to keep the roof from falling.
- **Running Man:** Make a fist with each hand and move your arms as if running.
- **The Twist:** With both arms close to your sides, twist your upper body from left to right.

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