

15 DISTRACTION IDEAS FOR TRAINING STAY

- #1 Touch your head
- #2 Jog in place
- #3 Turn in a circle
- #4 Bend down like you're picking something up
- #5 Jumping jacks
- #6 Touch your feet or knees
- #7 Raise your arms
- #8 Shake your body
- #9 Nod and shake your head
- #10 Kneel down
- #11 Clap your hands
- #12 Give yourself a hug
- #13 Do the twist
- #14 Touch a wall
- #15 Shrug your shoulders