1. Choose an exercise.
2. Choose a food; guess the amount of sugar in it and Smash IT!
3. Do the exercise you chose the same number of times as the number of cubes of sugar in your food.

Remember

Energy IN = Energy OUT

Elbow to Knee Bumps

Butt Kicks

Bell Jump

Skier Jump

Quadriceps Stretch

Arm Circles

Butterfly

Cobra

Plank

Burpee

Squat

Curls

Shoulder Touches

http://www.foodnme.com/smash-your-food/

Sandy Hagenbach 2015