



EXERCISE AND STRETCHING CHARTS SUPER SET

	<u>STRENGTH /RESISTANCE</u>	<u>CARDIO/AEROBIC</u>	<u>STRETCHING</u>	<u>BALANCE</u>
MEANING	An exercise that builds muscle and makes you stronger. This could refer to body weight exercises, lifting weights, resistance bands, etc	An activity that makes your heart and breathing go faster.	A pose or movement that helps you maintain or increase your range of motion (how far your body allows you to move comfortably).	Exercises that focus on your ability to stay steady in a wobbly/unstable situation.
BENEFITS	Prevents loss of muscle as you age. Helps you carry groceries. Helps you work in the garden without knee and back pain. Helps you sit on a chair and stand up with ease. Stimulates bone growth.	Helps you walk up stairs. Gets you through the day without getting tired. Running for a bus or after kids is no longer so exhausting.	Prevents muscles from shortening (age related). Reduces risk of muscle cramps and pulls. Helps you put on and tie your shoes with ease. Helps you get things on high shelves or from under the bed comfortably.	Prevents injuries resulting from falls. Helps you to change direction and avoid obstacles.
EXAMPLES	Push ups Squats Good mornings	Running Skipping Jumping	Cobra Hamstring stretch Butterfly	Tree pose (1-leg stand) Balance board Heel-toe walking
SUGGESTED TIMES A WEEK	2–3 times	3–5 times	3–5 times	2–3times

BREATHING SUGGESTIONS

<u>BREATHING PATTERN</u>	<u>WHAT MOVE</u>	<u>THOUGHT PROCESS DURING THE MOVE</u>
Exhale/count your rep	Effort move	Focus on proper form
Inhale	Prep move	Check posture and alignment

WARM UP IDEAS – do any 3-4 for 2-3 minutes each and you should be ready to workout

<u>EASY (SITTING OR STANDING)</u>	<u>MEDIUM</u>	<u>DIFFICULT</u>
Alternate between stomping your feet and punching your hands. March in place and swing arms. Arm circles in different directions. Upper body twists. Shoulder shrugs. Hip isolations, moving first sideways and then front-back. Roll down to touch your toes (or as low as you can go), and roll up again to sitting or standing .	Stair climb Stepping jacks (You step out with alternate legs and then step back in, rather than jumping out and in.) Shoulder rolls Jog in place Butt kicks Alternate knee or toe touch Leg swings in different directions Hip circles	Jump rope Jumping jacks Upper body twists Lunge walk High knee run Butt kick run Walking kicks Alternate toe touches Hip rotations



SQUAT

TARGET MUSCLES	SOME DAILY ACTIVITIES IT COULD HELP YOU DO BETTER
<p>Front of your thighs (quads/quadriceps) Back of your thighs (Hamstrings) Bum (glutes) Tummy (abs/abdominals) Calves</p>	<ul style="list-style-type: none"> • Sitting on a chair or getting up from it. • Getting out of bed • Getting in and out of your car • Looking under a chair or bed for things • Gardening • Putting on your shoes and tying your laces
BORN TO BE SUPER	BREATHING PATTERN
<p>B – Bum & Hips start and finish the sitting movement (Not the knees).</p> <p>T – Tighten your core to stabilize yourself during the move</p> <p>B - The back will lean forward a bit, but should not collapse as you sit and stand. Keep the chest open.</p> <p>S – Shoulders relaxed and away from the ears.</p>	<p>Inhale as sit (prep step) Exhale as you stand (effort step)</p>
BODY ALIGNMENT: STARTING POSITION	PROPER FORM: HOW YOU DO THE EXERCISE
<ul style="list-style-type: none"> • Stand with feet slightly wider than hip-width apart, with toes slightly turned outward. • Chest is thrust upward slightly • Your feet should remain flat on the ground at all times but weight should be more on your heels. • Your knees should remain over your second toe. Sideways or lateral movement isn't good. • Look straight in front of you for the whole move to help with posture control. • Your arms can swing in front of you as you squat and relax again by your side as you stand. This helps with balance or you could hold your hands at your chest level. 	<ul style="list-style-type: none"> • Start to shift your weight back into your heels while pushing your hips behind you as you squat down (like sitting on a deep couch). • Continue to lower yourself as much as you can. Easy –Till step 2 in the diagram (Thighs bent a little), then stand up . Your steps are 1,2,7 Medium – Till step 3 (Thighs almost parallel to floor), then stand up. Your steps are 1,2,3,6,7 Difficult – Till step 4 (Thighs lower than knee level) • Keep your chest lifted and your feet on the floor, and exhale as you push yourself back up to standing. The standing move should mirror the sitting one.
WATCH POINTS	STEPS TO FOLLOW AS YOU DO THE SQUAT
<ul style="list-style-type: none"> • If your knees start hurting, check your form. Your knees may be sliding forward too much in front of your toes or may be shifting sideways (avoid wobbly knees) as you move. You may need to drive your hips back more when you sit. • If your back hurts, it means you are using it more than your legs. Check your form. • Your stand up from the squat should be the same movement as you sit down. If your knees slide forward and your back collapses as you stand, it means you have gone to low for your own strength level. 	<p>The diagram illustrates the seven steps of a squat using stick figures. Step 1 is standing upright. Step 2 shows the first squat down. Step 3 shows a deeper squat. Step 4 shows the deepest squat. Step 5 shows the first step up. Step 6 shows a deeper step up. Step 7 is standing upright again. Below the figures, the difficulty levels are indicated: 'Easy' for steps 1, 2, and 7; 'Medium' for steps 3, 6, and 7; and 'Difficult' for steps 4 and 5.</p>



LUNGE

<p>TARGET MUSCLES</p> <p>Front of your thighs (quads/quadriceps) Back of your thighs (Hamstrings) Bum (glutes)</p>	<p>SOME DAILY ACTIVITIES IT COULD HELP YOU DO BETTER</p> <ul style="list-style-type: none"> • Running for a bus, playing Tag • Tying shoe laces • Climbing stairs • Turning and balance
<p>BORN TO BE SUPER</p> <p>B – Bum is engaged and not sticking out T – Tighten your core to stabilize during the move B – Back is straight, not arched or collapsed forward. S – Shoulders relaxed and away from the ears.</p>	<p>BREATHING PATTERN</p> <p>Inhale as you step forward to lunge (prep step) Exhale as you stand up and move back (effort step)</p>
<p>BODY ALIGNMENT: STARTING POSITION</p> <ul style="list-style-type: none"> • Start by standing up tall, feet hip width apart. • Engage your core • Shoulders relaxed 	<p>PROPER FORM: HOW YOU DO THE EXERCISE</p> <ul style="list-style-type: none"> • Start to take a big step forward with your right leg, and as you do, • Shift your weight forward so you place your heel down first. • Lower your body straight down till your right thigh is parallel to the floor, and right shin is straight up. • Press your right heel into the floor and push your body up and back to starting position. • Repeat on the other side • (If you find the forward lunge too challenging, you could do the reverse or step back lunge)
<p>WATCH POINTS</p> <ul style="list-style-type: none"> • If your knees start hurting, check your form. Your knees may be sliding forward too much in front of your toes or may be shifting sideways (avoid wobbly knees) as you move. • It's OK if knee shifts forward a little as long as it doesn't go past right toe. It also mean that you need to take a bigger step in your lunge. • The heel of your front leg should always be on the floor. If it comes up, it means you need to take a bigger step in the lunge. • Dont' let your back collapse as you lunge/step forward • Avoid arching your back as you go from your lunge back to your starting position. 	<p>STEPS TO FOLLOW AS YOU DO THE LUNGE</p>



DONKEY KICK

<u>TARGET MUSCLES</u>	<u>SOME DAILY ACTIVITIES IT COULD HELP YOU DO BETTER</u>
Bum (glutes) Hip and Hip Flexors Achilles tendon Arms Core	<ul style="list-style-type: none"> • Walking , Running • Jumping , Twisting • Speed and Agility in any sport • Relieves the stress of a desk job • Prevents hip and spine injuries
<u>BORN TO BE SUPER</u>	<u>BREATHING PATTERN</u>
<p>B – Butt is engaged</p> <p>T – Tighten your core to stabilize during the move</p> <p>B – Back need to be flat (see if you can balance a small book on your back and not let it slide off as you move!)</p> <p>S – Shoulders should not get activated or shrug</p>	<p>Inhale as you tuck your knee in (prep step) Exhale as you kick back and out (effort step)</p>
<u>BODY ALIGNMENT: STARTING POSITION</u>	<u>PROPER FORM: HOW YOU DO THE EXERCISE</u>
<ul style="list-style-type: none"> • Get on all fours on a mat. • Place your hands directly underneath your shoulders and your knees under your hips. • Look straight down at the floor to help get your spine completely in line. <p>(Have some fun and let the kids imitate a donkey’s bray as they kick!)</p>	<ul style="list-style-type: none"> • Keep your right knee bent at 90 degrees and flex the foot as you lift the right knee backwards till it’s in line with your hip. • Lower the knee without touching the floor and repeat the lift. • Once you’ve completed the reps on the right leg, switch legs.
<u>WATCH POINTS</u>	<u>STEPS TO FOLLOW AS YOU DO THE DONKEY KICK</u>
<ul style="list-style-type: none"> • Look at the floor all the time to help your back align • Don't let your lower back arch as your leg lifts up. If you do this, your back will work instead of your bum (glutes). • See that hips stay level. Both hip bones should point at the floor at all times. When your IT band or hip flexors are too tight, your body will try to do the move by rotating your hips as you lift. If you notice this, only lift as high as your hips can stay level. Height doesn't matter. Good form does. • Be very aware of your shoulders. They may start shrugging and allowing your back to sink. 	<p>1</p> <p>2</p> <p>3</p>



GOOD MORNING

<u>TARGET MUSCLES</u>	<u>SOME DAILY ACTIVITIES IT COULD HELP YOU DO BETTER</u>
Back muscles that help you stand straight (Erector spinae) Bum (glutes) Back of your thighs (Hamstrings) Core	<ul style="list-style-type: none"> • Stand straight without a hunch • Better posture in general • Helps prevents back pain after standing for a while • Turning and balance
<u>BORN TO BE SUPER</u>	<u>BREATHING PATTERN</u>
B – Bum is engaged T – Tighten your tummy & core to stabilize yourself during the move B – Back is straight, not arched or collapsed forward. S – Shoulders relaxed and away from the ears.	Inhale as you lean forward (prep step) Exhale as you stand up (effort step)
<u>BODY ALIGNMENT: STARTING POSITION</u>	<u>PROPER FORM: HOW YOU DO THE EXERCISE</u>
<ul style="list-style-type: none"> • Stand with your feet hip width apart, knees slightly bent. • Put your hands gently behind your ears, elbows pushing back slightly • Back straight, not hunched, or arched • Shoulders relaxed • Engage your core for the whole move (Kids love bowing to each other and saying “Good morning”! Just see they are not too close to bang heads.)	<ul style="list-style-type: none"> • Keep your back flat and core braced, push your hips backwards, • At the same time, keeping your back straight, lower your upper body (lean forward) as much as you can. • (Do a trial move first and stop the movement when you feel your back starting to hunch or curve. Go back up a bit till your back is straight again. Remember this angle. This is your maximum strength level for the good morning.) • Pause, and then return to the starting position, keeping your core engaged. • The next time go directly to your strength level and go back up.
<u>WATCH POINTS</u>	<u>STEPS TO FOLLOW AS YOU DO THE GOOD MORNING</u>
<ul style="list-style-type: none"> • Be very aware of your strength level. If you go lower, you could hurt yourself. Even though ideally, you should go until it is nearly parallel to the floor, don't push it till you develop the strength to do it with proper form. • Do not arch your back as you go from your lunge back to your starting position. • So focus on not hunching on the way down, and not arching on the way up. • Keep your core engaged always 	<p>1 2 3 4 5</p> <p>EASY-MEDIUM DIFFICULT</p>

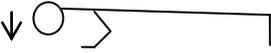
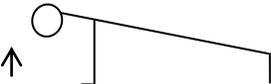


SUPERMAN PULL

<u>TARGET MUSCLES</u>	<u>SOME DAILY ACTIVITIES IT COULD HELP YOU DO BETTER</u>
Upper back Lower back Core Stabilizers	<ul style="list-style-type: none"> • Better posture to help you stand straight • Picking up heavy groceries with ease • Carrying children and playing with them • Helps relieve lower back pain • Relief after a whole day sitting or at a desk
<u>BORN TO BE SUPER</u>	<u>BREATHING PATTERN</u>
<p>B – Bum is engaged</p> <p>T – Tighten your core (tummy to spine) for stability</p> <p>B – Back is engaged and aligned with your head.</p> <p>S – Shoulders pushed away from the ears.</p>	<p>Inhale as you lift off the floor (prep step)</p> <p>Exhale as you pull your elbows in (effort step)</p> <p>Inhale as you straighten your arms back in front</p> <p>Exhale as you release back on the floor</p>
<u>BODY ALIGNMENT: STARTING POSITION</u>	<u>PROPER FORM: HOW YOU DO THE EXERCISE</u>
<ul style="list-style-type: none"> • Place yourself face down and tummy down on the floor or mat if you have one. • Your arms are fully extended in front of you. • Your legs are straight out behind you • Keep your head looking down, aligned with your back • Engage your core • Shoulders away from the ears • Shoulder blades pulled down and engaged <ul style="list-style-type: none"> • Keep your neck in line with the rest of your spine and lift from your heart instead. Tips: Keep your head and neck in a neutral position to protect your neck joints. 	<ul style="list-style-type: none"> • Raise your back, chest and straight arms off the floor superU tip - If you find you can't lift off with arms straight out, then bend them as much as you need and try again. It is important you do the full move without collapsing. Understand your level of strength and stick to that. • Engage and squeeze your shoulder blades down and together (away from your ears and towards your waist). • Bend your elbows and pull in your arms to your waist • Fully extend your arms back out in front of you keeping your upper body raised off the floor. • Slowly release your upper body back on the mat • This is the easy version where you keep your feet in contact with the floor. To increase difficulty, lift your legs up too
<u>WATCH POINTS</u>	<u>STEPS TO FOLLOW AS YOU DO THE SUPERMAN PULL</u>
<ul style="list-style-type: none"> • During this exercise it is important to pull your abdominals in for stability. • Keep your head and neck looking down in a neutral position. Lifting your chin could strain your neck. • Don't point your feet if you are not used to, you could get a cramp. • Breathe! • Remember to keep the shoulder blades activated for the whole movement • Your upper body needs to be raised for the whole rep 	

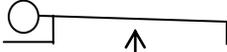


PUSH UP

<u>TARGET MUSCLES</u>	<u>SOME DAILY ACTIVITIES IT COULD HELP YOU DO BETTER</u>
Chest (pecs) Arms (triceps) Shoulders (deltoids) Core	<ul style="list-style-type: none"> • Helps you save yourself when you fall forwards • Improves cardio vascular (heart) health • Strengthens the shoulder joint area • Improves upper body strength
<u>BORN TO BE SUPER</u>	<u>BREATHING PATTERN</u>
<p>B – Butt is clenched and engaged</p> <p>T – Tighten your core to stabilize yourself</p> <p>B – Back is neutral.</p> <p>S – Shoulders pushed away from the ears.</p>	Inhale as you go down (prep step) Exhale as you push up (effort step)
<u>BODY ALIGNMENT: STARTING POSITION</u>	<u>PROPER FORM: HOW YOU DO THE EXERCISE</u>
<ul style="list-style-type: none"> • Kneel on the floor or on a mat and bring your feet together behind you. • Bend forward to position yourself in a high plank, with your palms flat on the mat, hands a little wider than shoulder-width apart • Your hands should face forward or slightly in. • Core engaged • Your body should be one straight line from your head to your heels. <p>superUtip – Keep your legs wide apart behind you to make the exercise easy. The closer together your legs are, the more difficult it gets.</p>	<ul style="list-style-type: none"> • Bend your elbows back at 45-degree angles to slowly lower your body in a straight line toward the floor. Go as low as you can go without collapsing. • Adjust your legs to your level of strength if you need to • Press your palms into the floor, tighten your chest muscle and use it to push your body up in a straight line till your arms are fully extended at your elbows and you're back in the starting plank • Repeat
<u>WATCH POINTS</u>	<u>STEPS TO FOLLOW AS YOU DO THE PUSH UP</u>
<ul style="list-style-type: none"> • Don't arch your back or drop your hips • Watch your elbows and check if they open out to the sides or forward. • Notice if your hips start lifting up and realign them before going on • Don't let your low back sag or your hips hike upward. <p>superU tip - If you can't do a push up with your legs apart, no worries, you could try doing the same movement on a raised surface like a bench (medium difficulty), kitchen counter(easy) or even the wall for starters (super easy)</p> <p>Want to use your biceps? (upper arms muscles) Just move your hands closer together but keep all the other alignment. This allows you to target your biceps also.</p>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 20px;"> 1  </div> <div style="display: flex; align-items: center; margin-bottom: 20px;"> 2  </div> <div style="display: flex; align-items: center;"> 3  </div> </div>



PLANK

<p>TARGET MUSCLES</p> <p>Tummy (abs/abdominals) Back Legs and hips Chest and Shoulders</p>	<p>SOME DAILY ACTIVITIES IT COULD HELP YOU DO BETTER</p> <ul style="list-style-type: none"> • Helps you to running and balance • Toned waist and improved posture • Decrease injury in back and spinal column • Better metabolism
<p>BORN TO BE SUPER</p> <p>B – Bum is engaged, aligned and not sticking out T – Tighten your core to stabilize yourself during the move B – Back is straight, not arched or collapsed forward. S – Shoulders pushed down away from the ears.</p>	<p>BREATHING PATTERN</p> <p>Inhale and exhale in a fixed rhythm</p>
<p>BODY ALIGNMENT: STARTING POSITION</p> <ul style="list-style-type: none"> • Lie on the floor on your stomach with your elbows directly beneath your shoulders • Place your forearms and hands on the floor so that there is a 90 degree angle at your elbows • Flex your feet with the bottoms of your toes on the floor <p>superU tip – to make it easy, open your legs at the back, and to make it tougher, stack one leg on top of the other. You could also do an elevated plank with your forearms on a bench or similar object.</p>	<p>PROPER FORM: HOW YOU DO THE EXERCISE</p> <ul style="list-style-type: none"> • Lift your hips up first and then your knees so that you are able to lift your whole body. Your body should be hovering a few inches of the floor in a straight line from your shoulders all the way down to your feet. • Tighten your abs and draw your belly button in to your spine just a bit and tighten your butt • Look at the floor, keeping your head in a neutral position • Hold for 10 seconds or until you can't maintain good form anymore.
<p>WATCH POINTS</p> <ul style="list-style-type: none"> • Remember to breathe! • Don't arch your back • Try not to lift your hips or drop them • Elbows sometimes slide out. If this happens, adjust your position so they go back under your shoulders. • Keep your head aligned. Don't let it drop • If your back hurts, it generally means your form needs correction. Check if you are dropping your hips or your back is collapsing. <p>superU tip – you could also try a high plank with your arms straight like in a push up</p>	<p>STEPS TO FOLLOW AS YOU DO THE PLANK</p> <p>1 </p> <p>2 </p> <p>3 </p>

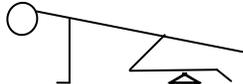
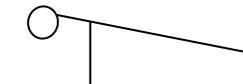


BURPEE

<u>TARGET MUSCLES</u>	<u>SOME DAILY ACTIVITIES IT COULD HELP YOU DO BETTER</u>
<ul style="list-style-type: none"> • Legs • Hips and buttocks, • Abs and back • arms and shoulders. • Chest • Cardio exercise for the whole body 	<ul style="list-style-type: none"> • Improved brain function. Helps you to focus and think better • Improves your circulation • Helps cardio vascular health • Helps regulate cholesterol, diabetes and blood pressure
<u>BORN TO BE SUPER</u>	<u>BREATHING PATTERN</u>
<p>B – Bum is engaged and not sticking out</p> <p>T – Tighten your core to stabilize yourself during the move</p> <p>B – Back is straight, not arched or collapsed forward.</p> <p>S – Shoulders relaxed and away from the ears.</p>	<p>Inhale as you step forward to lunge (prep step) Exhale as you stand up and move back (effort step)</p>
<u>BODY ALIGNMENT: STARTING POSITION</u>	<u>PROPER FORM: HOW YOU DO THE EXERCISE</u>
<ul style="list-style-type: none"> • Start by standing with your feet shoulder-width apart. • Your weight should be more in your heels, • Arms are at your sides. <p>superU tip – For an easy option, move into a plank position by stepping, rather than jumping, your feet behind you. You can also avoid the jump or go to an elevated surface according to your fitness level. For a more difficult option, Increase you speed or add a pushup after you do the plank</p>	<ul style="list-style-type: none"> • Push your hips back, bend your knees, and squat low • Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto your hands. • Jump your feet back to gently land on the balls of your feet in a plank position. (Your body should be a straight line from your head to heels). • Jump back in front so that your feet land just outside of your hands. • Reach your arms over head and jump up as high as you can into the air. • Land and immediately lower back into a squat for your next rep.
<u>WATCH POINTS</u>	<u>STEPS TO FOLLOW AS YOU DO THE BURPEE</u>
<ul style="list-style-type: none"> • Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core. • See that you legs are straight and fully extended when you jump back into a plank. • Keep your knees steady with no side wobbly movements as you jump up high. • Don't turn into a "snake" by lifting your chest first and leaving your hips on the ground when raising body back up off the floor. 	



MOUNTAIN CLIMBER

<u>TARGET MUSCLES</u>	<u>SOME DAILY ACTIVITIES IT COULD HELP YOU DO BETTER</u>
<ul style="list-style-type: none"> • Butt (Glutes) • Upper thighs (Quads and Hamstrings) • Tummy (Abs/abdominals) • Arms (Triceps) and Shoulders • Back • Cardio exercise too 	<ul style="list-style-type: none"> • Increases general mobility • Boosts cardio vascular(heart) health • Helps you in coordination and agility • Helps you to run and jump out of the way if needed
<u>BORN TO BE SUPER</u>	<u>BREATHING PATTERN</u>
<p>B – Bum is engaged and not sticking out</p> <p>T – Tighten/Engage your core to stabilize yourself during the move</p> <p>B – Back is straight, not arched or collapsed forward.</p> <p>S – Shoulders pushed down and away from the ears.</p>	<p>Exhale as you bring your knee in (effort step)</p> <p>Inhale as leg straightens back (prep step)</p> <p>or</p> <p>You could just alternate inhaling and exhaling with each leg. Just remember to breathe!</p>
<u>BODY ALIGNMENT: STARTING POSITION</u>	<u>PROPER FORM: HOW YOU DO THE EXERCISE</u>
<ul style="list-style-type: none"> • Get into a high plank position with straight arms under your shoulders. Ensure that your weight is equally distributed between your hands (facing forward) and your toes. • Your legs are extended behind you, Knees off the floor • Back is flat, abs engaged, and head in alignment. 	<ul style="list-style-type: none"> • Pull your right knee into your chest as far as you can. • Switch legs fast or at the same time, pulling one knee out and bringing the other knee in. • Keep your hips down, run your knees in and out as far and as fast as you can • You can time this or count reps
<u>WATCH POINTS</u>	<u>STEPS TO FOLLOW AS YOU DO THE MOUNTAIN CLIMBER</u>
<ul style="list-style-type: none"> • Shifting weight back and raising hips • Bouncing on your toes in an up down motion.. You have to stay stable • There is so much going on here, remember to breathe! • Check your shoulder stability. They tend to release, allowing you to shrug and back to sink. Keep them engaged and pushed down away from your ears • Watch for a transfer of weight to your feet as you do the motion which allows you hips to rise in the air, deactivating the abs. Keep your hips aligned at all times. <p>superU tip – To make this easier, step in and step out, or put your arms on an elevated surface and step in and out or run.</p>	<ol style="list-style-type: none">   <p>RIGHT KNEE IN</p>  <p>LEFT KNEE IN</p> 



ANIMAL WALKS (FUN OPTIONS FOR CARDIO)

<u>STARTING POSITION</u>	<u>MOVE POSITION</u>	<u>THE NAME AND HOW TO DO IT</u>
		The Bear Crawl Get on all fours, hands and feet on the floor with your hips high and knees off the floor. Tighten your tummy and crawl away!
		The Creeping Crab Sit placing your hands on the floor behind you, close to your hips, lift your hips up off the ground while looking up and 'creep' off
		The Bunny Hop Stand feet together, hands up near the ears (for big bunny ears) and hop forward, or sideways (bunny hops are soft and quiet, not noisy stomps)
		The Duck Waddle Squat as low as you can go, bend your arms to make wings and waddle forward one step at a time. (See that your knees stay over your toes)
		The Seal Slide Lie on your tummy, push your upper body up till your arms are straight, and move across the floor with your arms while dragging your legs.
		The Frog Leap Go into a super low squat with your knees facing out and hands placed on the floor, jump forward with hands and feet. Try Frog Tag!
		The Horse Gallop Step out with one leg in front of you, and you move by stepping forward with the front leg and sliding the back leg up to it.
		The Starfish Spring Jumping jacks or jumping in the air with hands and legs spread out as wide as you can, as fast as you can
		The Penguin Shuffle Keep your arms straight by your side, and keeping your legs close together, move forward by transferring weight from one leg to the other
		The Elephant Stomp Stand with your feet wide and knees bent. Lift your knees high and stomp around. Hold your hands and swing them sideways like a trunk
		The Snake Slither Sleep on your tummy, lift your up body on your elbows and get yourself to move forward somehow using your forearms and legs! Stay low!

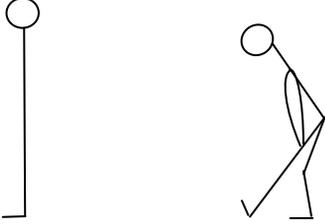
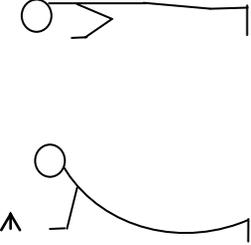
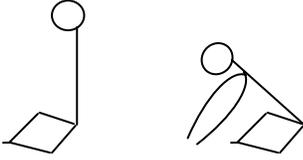


STRETCHES (CAN BE DONE AS A COOL DOWN OR ON THEIR OWN)

<u>THE DIAGRAM OF THE STRETCH</u>	<u>THE NAME AND HOW TO DO IT</u>
	<p>The side or crescent moon stretch</p> <ul style="list-style-type: none"> • Sit or Stand with your feet together, straighten your arms overhead and hold your hands together. Inhale as you reach up. • Breathe out as you bend your upper body to the right. Take five slow breaths. (Inhale- alignment, Exhale – stretch) • Slowly return to the center. Repeat on the left side.
	<p>The standing chest, shoulder and arm stretch</p> <ul style="list-style-type: none"> • Sit or stand with your feet together, hold your hands behind your back with straight arms. • Take 5 slow breaths. Inhale as you straighten your back and stand tall. • Exhale as you pull your arms down to the floor, squeezing the shoulder blades together and allowing your chest to open more.
	<p>The forward fold or toe touch stretch</p> <ul style="list-style-type: none"> • Sit or Stand with your feet together • Roll down as low as you can to touch your toes, calves or wherever you reach. • Take 5 slow breaths. Inhale, straighten your back in this position, • Exhale, allow your upper body to become heavier and move closer to your legs.
	<p>The quad or funny tree stretch</p> <ul style="list-style-type: none"> • Stand and hold onto a wall for balance if needed, or sleep on your left side if you don't feel like balancing • Bend your right knee and grab the top of your right foot • Pull it inwards to your butt while keeping your knee pointing straight down at the floor • Squeeze your hips forward a bit for a bigger stretch • Take 5 slow breaths. Inhale, check your posture, exhale, go deeper in the stretch



STRETCHES CONTINUED

	<p>The hamstring stretch</p> <ul style="list-style-type: none">• Take your right foot forward and bend forward from the hips, keeping the back flat.• Lower down until you feel a stretch in the back of the leg.• Rest the hands on the upper thighs to give your back some support.• Inhale and straighten the back, Exhale and reach more.
	<p>The abs or cobra stretch</p> <ul style="list-style-type: none">• Lie on the floor or mat face down with your hands under your shoulders. Push into the floor with your hands as you raise your upper body so your chest is up and out. Your hips are still on the floor, while you are facing forward.• Keep your arms slightly bent at the elbow, and curve your full spine like a big letter C.• To get more out of the stretch, straighten your arms fully and lift your hips slightly off of the ground.• 5 breaths. Inhale, relax your shoulders, Exhale, curve your back more
	<p>The bound angle or butterfly stretch</p> <ul style="list-style-type: none">• Sit on the floor with your legs straight. Bend your knees and bring the soles of your feet together, letting your knees drop toward the ground. Hold your shins as you inhale and stretch your chest upward while straightening your back.• Lean forward from your hips (without rounding your back) and place your palms as far forward as you can. Hold for five slow breaths• 5 Breaths – Inhale, relax your shoulders and straighten your back. Exhale, allow yourself to go lower keeping the posture

The above suggestions for warm up, resistance, cardio and stretch exercises are just the start of a fun active life for you to share with your children. From my experience, these are the ones they relate to the most, and once they master them, they and you can 'graduate' to anything else that interests you! If my suggestions are not to your liking, choose others!! Just remember, the basic principles of body movement are the same no matter what sport or activity you choose!

Go play and have some active fun today!!