

Moving on the Spot Family Fun in Five Minutes

Session 2

Each session is a 5 minute stretch and movement workout.
See other side for Session 1

Warm Ups

1 Climb a Ladder

- Stand on the spot with feet slightly apart
- Move arms and legs up and down as if climbing a ladder to the sky
- Climb the ladder for 20 - 30 counts



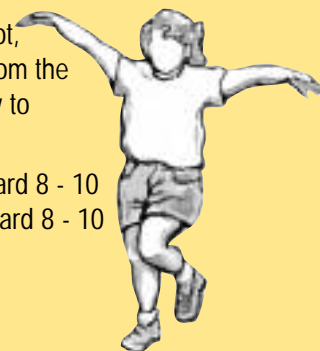
2 Circles in the Sky

- March on the spot and raise arms overhead
- Try drawing circles in the sky
- Keeping arms overhead, move arms in an outward circle for 8 - 10 times
- Switch directions to make an inward circle for 8 - 10 times



3 Side Arm Circles

- March on the spot, raise arms out from the sides of the body to shoulder height
- Circle arms forward 8 - 10 times and backward 8 - 10 times



Stretches

4 Cat Stretch

- Stand with feet shoulder width apart, knees slightly bent
- Bend forward, placing hands on knees and keeping the back flat
- Slowly arch the back upward into a rounded position
- Hold 6 - 8 counts, return to flat back, repeat



5 Shoulder Shrugs and Shoulder Rolls

- Shrug shoulders up toward ears and hold 6 - 8 counts, repeat 3 times
- Stand with arms down by sides, slowly roll shoulders forward in a circular motion, repeat 5 forward circles
- Slowly roll shoulders backward in a circular motion, repeat 5 backward circles



6 Be a Star

- Stand with feet placed wide apart, move onto tiptoes
- Extend arms over head so you look like 5 points of a star
- Hold stretch for 6 - 8 counts while staying on tiptoes, repeat



Heart Pumpers

7 Jump and Reach

- Move into squatting position
- Jump up, stretching arms overhead, then return to squatting position
- Encourage a soft landing keeping knees slightly bent, repeat 8 times



8 Skip Rope

- Skip on the spot
- Move hands in circles by your sides as though turning a skipping rope
- Skip for 20 - 30 counts



9 Kangaroo Jump

- Stand on the spot
- Place feet slightly apart and bring hands up in front in a "kangaroo" position
- Jump on the spot like a kangaroo for 15 - 25 counts



Muscle Strength

10 River Jump

- Create a "river" in your standing area using two masking tape lines or imaginary lines
- Jump back and forth across the "river", landing softly with knees bent
- Jump back and forth 10 - 15 times



11 Calf and Shin Workout

- Stand with feet shoulder width apart, hold onto a table, chair or wall for balance
- Raise heels up (to stand in tiptoe position) and hold for 6 - 8 counts
- Lower heels to floor, repeat 3 times
- Raise toes up toward your shins (standing on your heels), hold for 6 - 8 counts, lower toes to floor, repeat 3 times



12 Standing Tummy Crunches

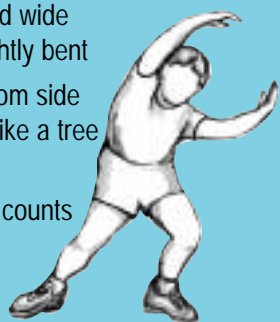
- Stand with feet shoulder width apart
- Raise arms out from the sides to shoulder height
- Diagonally raise knee in front of the body, lifting right knee inward to waist height, while lowering left elbow to touch the raised knee
- Repeat 8 times, switch legs and repeat 8 times



Cool Down

13 Tree in the Wind

- Stand with both arms overhead, feet placed wide apart and knees slightly bent
- Gently wave arms from side to side and forward like a tree in the wind
- Continue for 10 - 15 counts



14 Sky Stretch

- Standing on tiptoes, stretch arms over head, reach up as high as possible
- Hold 6 - 8 counts, repeat



15 Deep Breaths and Hug

- Slowly take a deep breath in through the nose and out through the mouth, repeat 2 times
- Congratulate yourself for doing a good job by wrapping your arms around your shoulders and give yourself a big hug!
- Hold 6 - 8 counts



Toronto Public Health developed Moving on the Spot to make it easy for adults to be physically active with children. We want to help you get kids moving anytime and anyplace. Moving on the Spot takes away the worry of having too little time or space to be active.

For more information call 416-338-7600 • www.toronto.ca/health • www.toronto.ca/parks