

# Moving on the Spot

A 10 minute classroom workout towards Daily Physical Activity

## Session 1

Each session is a 10 minute stretch and movement workout.  
Try using music to vary your workout.  
See other side for Session 2

### Warm Ups

#### 1 Marching on the Spot

- Stand tall and march on the spot
- Pump arms back and forth
- Raise knees to waist height while marching
- Add variety by marching in a circle, square or figure eight
- Continue for 30 - 45 seconds



#### 2 Circles in the Sky

- March on the spot and raise arms overhead
- Try drawing circles in the sky
- Circle 8 - 10 times
- Switch directions and circle 8 - 10 times



#### 3 Jump and Twist

- Jump on the spot
- Twist hips and pump arms from side to side
- Continue for 30 - 45 seconds



### Muscle Movers and Heart Pumpers

#### 4 Jogging on the Spot

- Jog on the spot
- Pump arms back and forth
- Pump arms to the side
- Pump arms overhead
- Continue for 1 - 1.5 minutes



#### 5 Jumping Jacks

- Jump on the spot
- Extend arms and legs out and in from the sides of the body
- Continue for 20 - 30 seconds



#### 6 Popcorn

- Move into a squat position, tuck head in and wrap arms over the head
- Pretend you are a kernel of "popcorn" and the pot is getting hotter
- Jump on the spot while the "popcorn" begins to pop
- Continue for 30 - 45 seconds



#### 7 Crossover Running

- Stand with feet shoulder width apart
- Raise arms out from the side to shoulder height
- Raise right leg in front of the body, lifting ankle inward to waist height, lowering left hand to touch raised ankle
- Alternate legs for 45 - 60 seconds



#### 8 Frog Jump

- Stand with feet shoulder width apart and toes pointing out to sides
- Press palms of hands together at chest height
- Jump up like a frog, land with bent knees, press palms of hands together
- Repeat for 20-30 seconds



#### 9 Can Can Kick

- Bend knee to waist height and kick straight out
- Alternate legs, increasing speed
- Repeat for 45-60 seconds



For more Heart Pumping ideas see other side

### Cool Down and Stretches

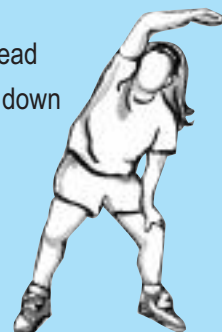
#### 10 Slow March

- Slowly march on the spot
- Keep knees low and gently swing arms for 30 - 45 seconds



#### 11 Side Stretch

- Stand with feet placed wide apart, arms by side
- Raise right arm over the head
- Slowly slide the other arm down the side of the left leg
- Hold 15 - 30 seconds, repeat on the left side



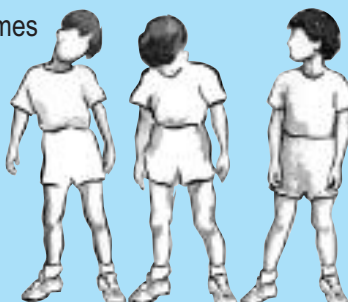
#### 12 Stork Stretch

- Stand with both feet facing forward, holding onto something for balance
- Grasp your ankle, gently pull it towards your buttock
- Tilt hip forward, feeling thigh stretch
- Keep knees together, standing leg slightly bent
- Hold for 15 - 30 seconds, repeat with other leg



#### 13 Neck Stretches

- Bring ear to right shoulder
- Roll head forward across body to left shoulder
- Repeat 2 - 3 times
- **DO NOT EXTEND HEAD BACKWARDS**



#### 14 Leg Stretch

- Stand with feet shoulder width apart, both feet pointing forward
- Step back into a lunge position, back foot facing forward
- Bend front knee over ankle (BUT NOT BEYOND ANKLE)
- Press back heel into the floor
- Hold 15 - 30 seconds
- Switch legs and repeat



#### 15 Deep Breaths and Hug

- Take a deep slow breath, inhaling through the nose and exhaling through the mouth
- Repeat twice
- Give yourself a big hug!
- Hold for 15 - 30 seconds



For more information call 416-338-7600 • [www.toronto.ca/health](http://www.toronto.ca/health)