

Moving on the Spot

Family Fun in Five Minutes

Session 1

Each session is a 5 minute stretch and movement 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 for 20 - 30 counts
- Try raising knees to waist height
- Add variety by marching in a circle, square or figure 8



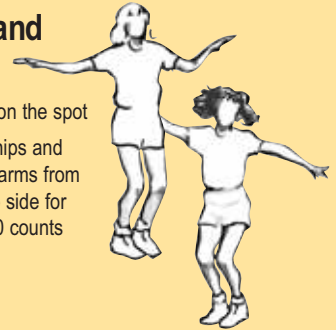
2 Jump and Twirl

- Stand with feet slightly apart, begin jumping in one spot
- Twirl forearms in small circles in front of the body
- Keep elbows close to body and twirl arms forward and backward
- Continue for 15 - 20 counts



3 Hop and Twist

- Jump on the spot
- Twist hips and pump arms from side to side for 15 - 20 counts



Stretches

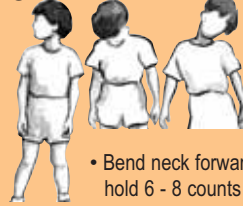
4 Side Stretch

- 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 6 - 8 counts, repeat on the left side



5 Neck Stretches

- Slowly bend neck to the right side
- Move right ear toward right shoulder, hold 6 - 8 counts, repeat on left
- Bend neck forward, move chin toward chest, hold 6 - 8 counts
- Slowly roll head across chest from shoulder to shoulder in a half circle, repeat 4 times



6 Swan Stretch

- Raise arms outward from your sides to shoulder height
- Slowly press arms backward and hold 6 - 8 counts
- Feel a stretch across the chest and down the arms, repeat



Heart Pumpers

7 Running on the Spot

- Run on the spot
- Pump arms back and forth for 30 counts



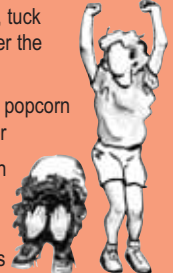
8 Jumping Jacks

- Jump on the spot
- Extend arms and legs out and in from the sides of the body
- Try 10 - 15 jumping jacks



9 Popcorn

- Move into a squat position, tuck head in and wrap arms over the head
- Pretend you are kernels of popcorn and the pot is getting hotter
- Begin to jump up and down on the spot when the "popcorn" begins to pop
- Continue for 20 - 30 counts



Muscle Strength

10 Chest Press

- Stand with feet shoulder width apart, knees bent and pelvis tucked under
- Raise arms to shoulder height
- Firmly press palms of hands together in front of your face
- Hold the press for 6 - 8 counts, repeat 3 times



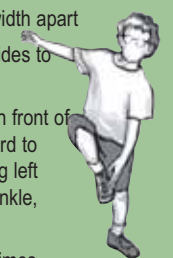
11 Side Leg Raises

- Stand straight with knees slightly bent
- Using a chair or wall to keep your balance, lift outer leg sideways, raising and lowering it 8 times, repeat on other leg



12 Inner Thigh Strengthener

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



Cool Down

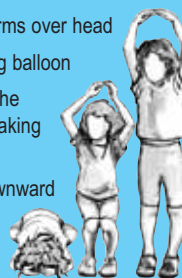
13 Slow March

- March slowly on the spot
- Keep knees low and gently swinging the arms for 15 counts



14 Growing Flowers

- Stand in one spot, circle arms over head
- Pretend you are a great big balloon
- Pretend there is a hole in the balloon and air is slowly leaking out
- Move your body slowly downward to the floor until the balloon has no more air



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



Moving on the Spot makes 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 the Region of Peel – Public Health 905-799-7700 • www.peel-obesity.ca

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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



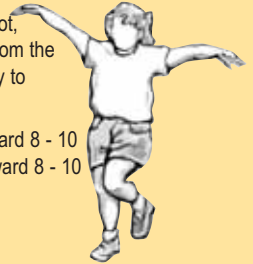
2 Circles in the Sky

- 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



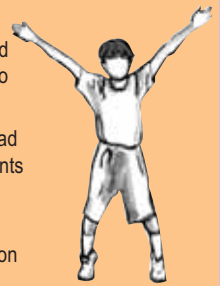
5 Shoulder Shrugs and Shoulder Rolls

- 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

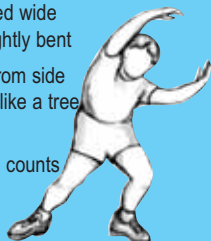
- Stand with feet shoulder width apart
- Raise arms out from the sides to shoulder height
- Diagonally raise knee in front of the body, lifting right knee inward to waist height, while lowering left elbow to touch the raised knee
- Repeat 8 times, switch legs and repeat 8 times



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



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