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

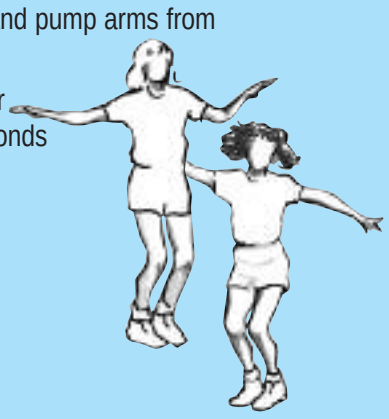
- Stand tall and march on the spot
- Pump arms back and forth
- Raise knees to waist height while marching
- Add variety by marching in a circle, square or figure eight
- Continue for 30 - 45 seconds

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

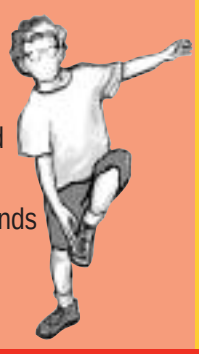
- Jump on the spot
- Extend arms and legs out and in from the sides of the body
- Continue for 20 - 30 seconds

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

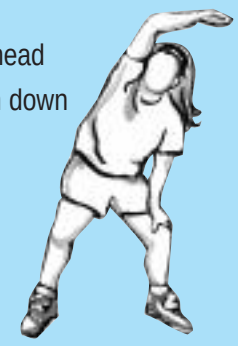
Cool Down and Stretches

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

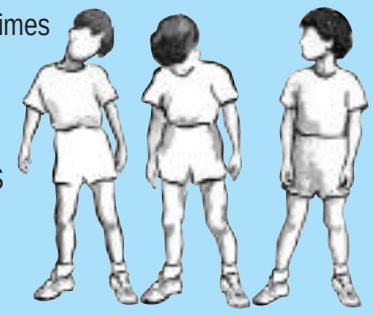


12 Stork Stretch

- 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

Moving On The Spot was developed by Toronto Public Health in 1999.PH0603RT018

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

TORONTO Public Health

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Session 2

Each session is a 10 minute stretch and movement workout.
Try using music to vary your workout.
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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 seconds

2 Side Arm Circles

- March on the spot, raise arms out from the sides of the body to shoulder height
- Circle arms forwards, then backwards 8 - 10 times each

3 Jump and Twirl

- Stand with feet slightly apart, begin jumping on the spot
- Circle (twirl) forearms in small circles in front of the body, behind the body
- Continue for 30 - 45 seconds

Muscle Movers and Heart Pumpers

4 Narrow and Wide

- Jog on the spot
- Pump arms back and forth
- Move legs wide apart, then close together
- Continue for 1 - 1.5 minutes

5 Skip Rope

- Skip on the spot
- Move hands in circles by your sides as though turning a skipping rope
- Try forwards, backwards, faster, slower
- Skip for 45 - 60 seconds

6 Kangaroo Jump

- Stand on the spot
- Place feet slightly apart, bring hands into a "kangaroo" position
- Jump on the spot like a kangaroo, jump side to side
- Jump for 20 - 30 seconds

7 The Twist

- Arms out to the side, feet slightly apart
- Twist to one side and then to the other side
- Try raising one leg then the other
- Repeat for 45 - 60 seconds

8 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 - 10 times

9 Let's Dance

- Start moving arms and legs
- Arms move in different directions – swimming strokes, rolling in front of body
- Legs moving, dancing
- Try making up your own movements
- Dance for 45 - 60 seconds

For more Heart Pumping ideas see other side

Cool Down and Stretches

10 Tree in the Wind

- Stand with both arms overhead, feet placed wide apart and knees slightly bent
- Gently wave arms from side to side, forward and back, like a tree in the wind
- Continue for 30 seconds

11 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

12 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

13 Cat Stretch

- Stand with feet shoulder width apart, knees slightly bent
- Bend forward, placing hands on thighs, keeping back flat
- Slowly arch the back upward into a rounded position
- Hold 15 - 30 seconds, return to flat back
- Repeat

14 Shoulder Shrugs & Rolls

- Shrug shoulders up toward ears and hold 3 - 5 seconds, repeat 3 times
- Slowly circle shoulders forward, repeat 5 times
- Slowly circle shoulders backwards, repeat 5 times

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

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