

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



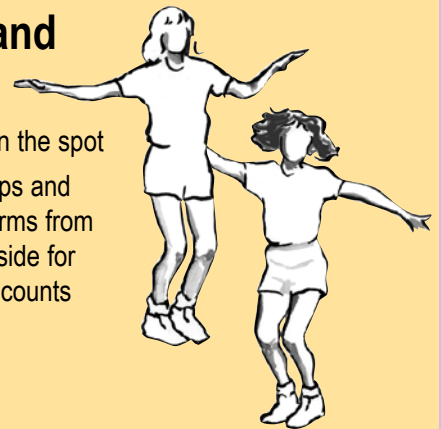
2 Jump and Twirl

- 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

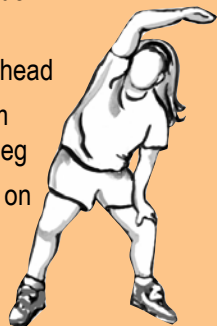
- Jump on the spot
- Twist hips and pump arms from side to side for 15 - 20 counts



Stretches

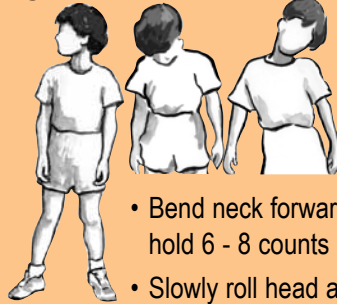
4 Side Stretch

- 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 Strengtheners

- 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 swing 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



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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



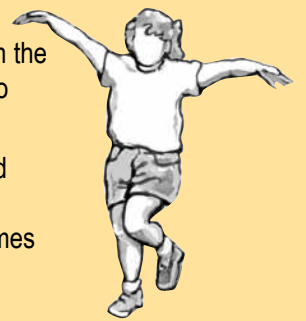
2 Circles in the Sky

- 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

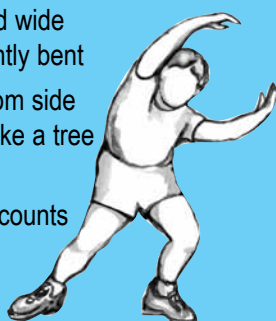
- Stand with feet shoulder width apart
- Raise arms out from the sides to shoulder height
- Diagonally raise knee in front of the body, lifting right knee inward to waist height, while lowering left elbow to touch the raised knee
- Repeat 8 times, switch legs and repeat 8 times



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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