



GET ONE HOUR OR MORE OF PHYSICAL ACTIVITY EVERY DAY

Move 1 hour every day!

Physical activity can be free and fun!

- Take a walk with your family
- Play with your pet
- Play tag
- Take a bike ride (remember to wear your helmet)
- Turn on music and dance
- Jump rope
- Play Frisbee
- Take the stairs
- Park the car at the end of the parking lot
- Make snow angels

Make physical activity easier.

- Make gradual changes to increase your level of physical activity.
- Track the level of your physical activity using a pedometer, fitness band, or online tracker.
- Choose toys and games that promote physical activity (e.g. balls, hula hoops, jump ropes, scarves).
- Do physical activities together with friends or family.
- Turn off the TV and computer and keep them out of the bedroom.
- Limit recreational screen time (e.g. TVs, computers, video games, etc.).
- Encourage lifelong physical activity by incorporating it into your routine.
- Keep physical activity fun! You'll be more likely to do it.



Did you know?

One hour of moderate physical activity means:

- Doing activities where you breathe hard, like fast walking, hiking, or dancing.

20 minutes of vigorous physical activity means:

- Doing activities where you sweat, like running, aerobics, or basketball.

Physical activity...

- Makes you feel good.
- Makes your heart happy.
- Makes you stronger.
- Makes you flexible.

be a
**role
model**
Schedule active family
play time daily.



Physical Activity in

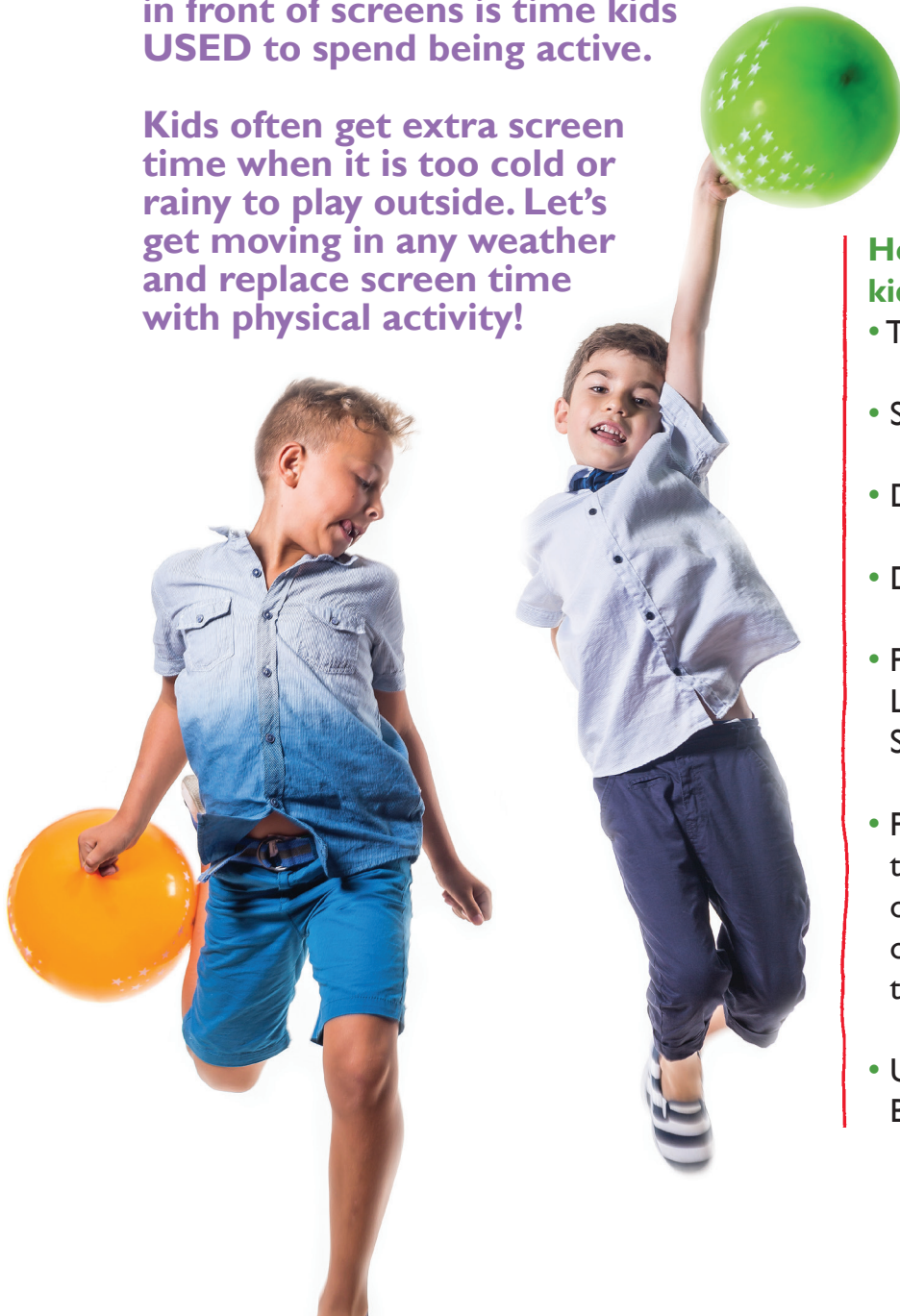
ANY WEATHER

Kids are getting way too much screen time these days—often up to 7 hours a day. Much of the time kids are spending in front of screens is time kids **USED** to spend being active.

Kids often get extra screen time when it is too cold or rainy to play outside. Let's get moving in any weather and replace screen time with physical activity!

Here are a few ideas to keep kids active indoors:

- Turn on music and have a dance party.
- Set up an obstacle course.
- Do age-appropriate exercise videos.
- Do a scavenger hunt.
- Play active games like Red Light Green Light, Freeze Dance, Hopscotch, Tag, Simon Says, or Twister.
- Play balloon volleyball: break into two teams, each with a balloon, and kneel on the floor facing each other. The object of the game is to not let the "volleyball" touch the ground.
- Use the '5-2-1-0 Physical Activities Booklet' that came with your toolkit.



Physical Activity in **SMALL SPACES**

Limited space is often a barrier to giving kids opportunities for physical activity.

Many out-of-school programs lack consistent access to outdoor areas or gym space where kids can run around and be active. But even when space is limited, you can lead kids through an exercise routine. Use this handout to create your own!

A complete exercise routine should include the following:

- 4 heart pumping exercises
- 1-2 balancing exercises
- 1-2 mobility exercises
- 2-3 strengthening exercises
- 3 ground exercises
- 3 flexibility exercises
- End with 1 breathing exercise

See examples of each exercise group on the next page.

Aim for 10-15 minutes of movement per routine.

Consider creating a routine from just 3 or 4 exercises that are repeated (e.g. “We’re going to do 10 jumping jacks, 10 hops, and run in place for 1 minute. Then we’ll repeat it two more times!”).

Mix it up! Change the order of exercises and vary the combinations. Go down to the ground first, and then go back to standing. Play music. Sing and do the dance for songs like the “Hokey Pokey.” Be creative and keep it fresh.

Content adapted from Outer-Islands Teaching and Learning Collaborative Morning Exercise Template by Lauren Jacobs, Maine Winter Sports Center: www.mainewsc.org



try the
**small space
exercises**
on the other
side of this page



Heart Pumping Exercises:

- Jumping Jacks
- Pretend Jump Rope
- Side-to-Side Hops Feet Together
- Front-to-Back Hops Feet Together
- Hopping on One Foot (in a circle, both directions)
- Running in Place
- Marching in Place
- Star Jumps
- Jumping 180° (jump and land facing the opposite direction)
- Jumping 360° (jump and do a full rotation, landing in the same position)

Balancing Exercises:

- One-Foot Airplane Position Hold (arms by side or out as “wings”)
- Tree Pose (standing on one leg, other leg bent with foot on calf or thigh)
- Eagle Pose (legs crossed, standing on one leg)
- Standing Snow Angels (make snow angel shape while balancing on one foot)
- Single Leg Swings Front-to-Back

Mobility Exercises:

- Star Toe Touches (legs apart and straight, arms out, bend down and touch hand to opposite foot)
- Full Body Circles (legs apart, arms out, bend down sideways to make giant circle with upper body down to each leg and back overhead down to the other side)
- Frankenstein Kicks (kick straight leg forward, touch foot with opposite hand)
- Front-to-Back Arm Swings (swing arms like cross-country skiing)
- Knee Hugs (stretch up tall to sky, squat down, and hug knees)

Standing Strengthening Exercises:

- Squats (keep arms overhead)
- Arm Presses (pretend to “lift a bar” overhead from shoulders)
- Snowball Squats (legs wide, squat down and grab “snow” to make snowball, stand tall, step and “throw it”)
- Arm Circles Forward and Backward (hold arms out straight)

- Hold a Skier Tuck (tuck down, bending at the knees, elbows in front of knees)
- Front Lunges (knee over, but not passing the ankle)
- Side Lunges (both sides)

On Ground Strengthening Exercises:

- Crab Position (hold and lift one arm and opposite leg, alternating sides)
- Plank Position (hold push-up position)
- Push-ups (knees down if needed)
- Supermans (lie face down, lift arms and legs simultaneously, hold)
- Swimmies (pretend to swim on belly or on back)
- Bicycle Legs (on back)

Flexibility Exercises:

- Flamingo Stretch (quad stretch, pulling up foot with opposite hand)
- Arm Across Chest Stretch (one arm across the front of body, grasp elbow with opposite hand, pull arm across body without twisting torso)
- Standing Forward Bend (toe touch, legs straight and together)
- Sitting Forward Bend (toe touch, legs straight and together)
- Butterfly Stretch (sitting, bottoms of feet together, flap “wings”)
- Seal Stretch (“cobra” or “upward dog” in yoga)
- Neck Stretches (slowly roll head forward from one shoulder, to chest, to other shoulder and back)
- Core Stretches: Cats (kneeling, round back up, pulling up belly) and Cows (arch back and let belly drop)

Breathing Exercises:

- Arm Sweeps (inhale while bringing arms up overhead, exhale while dropping arms down to side)
- Breaths of Joy (inhale while bringing arms up, exhale while dropping arms to side, inhale while bringing arms up, exhale while dropping arms down and bending forward to toes)
- Oval Breaths (inhale while bringing arms up overhead, pause and hold. Exhale while dropping arms down to side, pause and hold.)

**small spaces
big benefits**

QUICK BRAIN BOOSTS

let's take
a break!

Try the ideas below for quick brain boosts in between stationary activities at your program. You may use one activity as a quick physical activity break, or put a few together for a guided indoor activity.

The following activity breaks come from Kerra Cartwright, first grade teacher at Young Elementary School in Saco. They are great for all ages.



High Knee Run/March: Run or march in place, lifting your knees in front of you as high as you can.

Tree Pose: Balance on one foot. Place your other foot on the inside of your balanced leg. Your knee should be pointing to the side and your heel pointing up your leg. It is okay to leave your toes on the ground if you need to. Bring your hands together in front of you or overhead. Change legs after a count of 30.

Wood Chopper: Stand with your feet hip distance apart. Squat down with arms extended in front of you with a ball between your hands or just bring your hands together in a fist. As you lower in a squat bring the ball towards the ground. As you rise up, bring the ball over your head. Keep your eyes looking straight ahead the entire time.

Chair Pose: Feet together. Legs together. Keeping your knees together, sit back like you are sitting in a chair. Hold that position as long as you can. Relax when you need to, and then try again.

Skate in Place: Pretend to ice skate in place as you hop side to side, bringing your heel behind you as high as you can. Swing your arms side to side. You can do this without hopping by stepping side to side.

Agility Ladder: Pretend there is a ladder on the ground around the outside of the room. Run through the ladder without stepping on the bars. Pick your knees up high! Run through the ladder and then jog around to the other end to do it again.

Squeeze Your Arms: Place the palms of your hands together, elbows pointing out to the side. Squeeze your palms together. Feel your arms working hard!

Jump Rope: Pretend to jump rope. Keep moving! Don't forget your arms! Jumping rope builds endurance and is recommended for both children and adults. It can be done individually or in a group setting.

Hands to Knee: Extend your arms overhead. Lock your thumbs together. Lift one knee up as you pull your arms down to touch that knee. Arms go back overhead as that foot goes back down to the ground. Lift the other knee as you pull your arms down to touch the knee. Stand nice and tall to help your abdominal muscles get strong!

TOP FIVE EXERCISES

ANYWHERE



All of these exercises can be done with limited space and no equipment!

Kneeling Push-Ups

Start with your knees on the ground, feet lifted and your hands directly underneath your shoulders. Put your body into a kneeling plank position. Slowly lower your chest down and push your body back up to the starting position. You can also do these on the wall to start or on your toes as you gain more strength.

Planks

Start by lying face down. Place your elbows and forearms underneath your chest and prop yourself onto your toes and forearms. Maintain a flat back and do not allow your hips to sag toward the ground. These can also be done in a kneeling position. Start by holding this position for 10 seconds and work your way up to a longer time!

Squats

Sit back like you are sitting in a chair, bending at the knees, hinging at the waist, and putting your weight in your heels. Be careful not to extend your knees over your toes! Return to standing once you have reached a comfortable range of motion. Taking care of knees? Don't go as far down into the squat, or use a chair behind you. Slowly sit back on the edge of the chair and then return to a standing position.

Jumping Jacks

Start out with this move by stepping one foot out, then the other. As you feel comfortable, work up to jumping both feet out at one time and bring your arms out into a V-position at the same time. Great for warming up your muscles!

Running in Place

Just starting out? March in place and build up to a jog. Keep it up for 10-30 seconds. This simple exercise gets the heart pumping and works important muscles!

