



DELAWARE 4-H

Healthy Living

STRENGTH AND FLEXIBILITY SEATED EXERCISES

GOALS

To review concepts of flexibility, strength, and endurance. Participants will gain skills in the areas of flexibility and strength, and will feel comfortable doing these activities on their own. Participants will have fun and develop self-esteem and confidence about exercise.

SUPPLIES

- This sheet of paper
- Attached sheet with pictures and instructions
- Ask youth in advance to wear sneakers or shoes that do not slide.

TIME REQUIRED

20-30 minutes

SUGGESTED AUDIENCE

Ages 8 and up

PROCEDURE

1. Gather youth in a line facing the instructor. They will need to be far enough apart to be able to extend their arms.
2. Tell them they will be playing a game to learn some strength and flexibility exercises that they can do at their home for 15 minutes each day.
3. Explain that strength activities build our muscles, and flexibility activities enable us to maintain the range of motion for our muscles. These are just two aspects of physical fitness.
4. Explain that the third aspect is endurance and includes activities that make it feel harder to breathe. We will learn more about these activities next time.
5. Once youth are lined up facing the instructor, have the instructor explain each position on the attached sheet, then have youth perform that activity. Move on to the next position and teach as written. After all positions have been taught, follow the sequence with limited time in between each position.
6. For a bonus activity, involve youth in leading it. Have them take turns teaching the activities. Allow youth to teach as long as they wish.

REFLECT: Ask Youth

1. Which activities felt like you were building muscle? What muscles were you building?
2. Which activities felt like you were stretching your muscles?
3. Did any activities feel like you were doing both at the same time?

APPLY: Ask Youth

1. After doing these activities, do you think you could do these at home?
2. Which activities did you find the hardest? And which were the easiest?
3. How will you share this information with others?

Note: Encourage everyone to stay together but at their own ability and comfort, and to stop if they need to rest.

Thank you for participating in this fun activity!



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Our thanks for supporting DE 4-H
"Youth Voice, Youth Choice"
building healthy communities
through engaged youth!

PLANK

Position hands firmly on the floor, shoulder width apart and fingers spread. Plant toes firmly on the floor as shown. Back should be flat and appear as a straight line from neck down to your feet. Hold stomach tight to support your back. Breathe normally.



TABLE TOP

Knees on the floor and place hands directly below your shoulders, fingers spread. Back should be flat like a table.



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CAT

Position hands directly under shoulders as shown and knees on the floor. Round your back like a cat. Exhale as you move.



COW

From Cat position, drop your stomach and look upward. Inhale as you move.



COBRA

Lie flat on the floor on your stomach and stretch arms in front of you. Slowly lift your back. You can stay on your elbows or go up to your hands depending upon your body. Hold for 16 seconds and return to chest on the floor.



MOUSE (CHILD'S POSE)

From Table Top position, drop down and release your back into this position. Arms can be ahead as shown or at your side. Face looking at the floor. Hold for at least 16 seconds and relax!



BRIDGE

Sit on the floor and place your hands behind you with fingers pointing towards your feet, hand under shoulders. Place feet in front of you and bend knees at 90 degree angle. Lift stomach and hold for 8-16 seconds as you feel comfortable.



PRETZEL

From seated position, rest right arm behind your back creating a "second spine". Cross right leg over your left, use left arm to hold your right leg, and turn your body to the right to twist into a pretzel! Hold for 16 seconds. Switch sides with left arm as "second spine" and left leg crossing over right, using right arm to hold your leg, and twist to the left. Hold for 16 seconds.

