

Everybody, Somebody, Nobody and Anybody



Source: Saskatoon *in motion*

Equipment: tent cards for the tables to indicate groups
words to the story
microphone (for large groups)

Space: participants can be seated around a table or in rows
limited space required

How to:

- Randomly assign tables to one of four groups (**Everybody, Somebody, Nobody and Anybody**) using the tent cards. Place tent cards on the table ahead of time.
- Explain that participants will begin this activity sitting and each time they hear their table's label in the story they will stand up and sit back down.
- To prepare participants to alternate between standing and sitting provide them with the following cues:
 - Sit on the edge of your chair.
 - Sit tall with ears over shoulders, shoulders over hips.
 - Put feet flat on the floor.
 - Use the arms on the side of chair or table top for support if needed.
 - Use your leg muscles and avoid bending forward at the waist.
 - If some participants cannot stand and sit easily, you can have them raise their arms instead.
- After the story, have everyone stand and do a gentle back stretch (p. 9).

Story:

This is an *in motion* story about **Somebody**, **Anybody**, **Everybody** and **Nobody**. Long ago **Somebody** told us that being "*in motion*" is good for us, but **Nobody** knew who it was. **Everybody** knew that being "*in motion*" would bring great benefits to **Anybody** who is looking for a healthier life.

Today, **Everybody** will embrace the benefits of being "*in motion*" and **Nobody** will be left behind. **Anybody** that has any doubts as to what being "*in motion*" can do for them will just have to talk to **Somebody** here today.

Some of the benefits of being "*in motion*" offered to **Everybody** are better health, improved fitness, better posture, improved relaxation and reduced stress. Wow, this physical stuff is not just **Anybody's** business. Therefore, **Somebody** needs to tell the world that being "*in motion*" is the number one way to live a healthy long life. **Nobody** needs to know what is second when you have "*in motion*" around.

Last week **Somebody** asked the question: Is it too late for me to get "*in motion*"? Well **Anybody**, and **Everybody** should now know this answer. **Nobody** should get this answer wrong.

So as we move forward into the next decade, the future is bright for **Somebody**, **Anybody**, **Everybody** and **Nobody** should be disappointed with getting "*in motion*".
Physical Activity – Do it for Life!

After the Story:

Have everyone stand and do a gentle back stretch.

Here is one suggested stretch:

Back Stretch

- Sit tall.
- Clasp hands together, rotate wrists and press arms directly out in front.
- Hold for 10 seconds (as shown).

Alternate

- Clasp hands together, rotate wrists and press palms toward the ceiling.
- Add a slight lean to one side, hold for five seconds.
- Repeat in the opposite direction.

