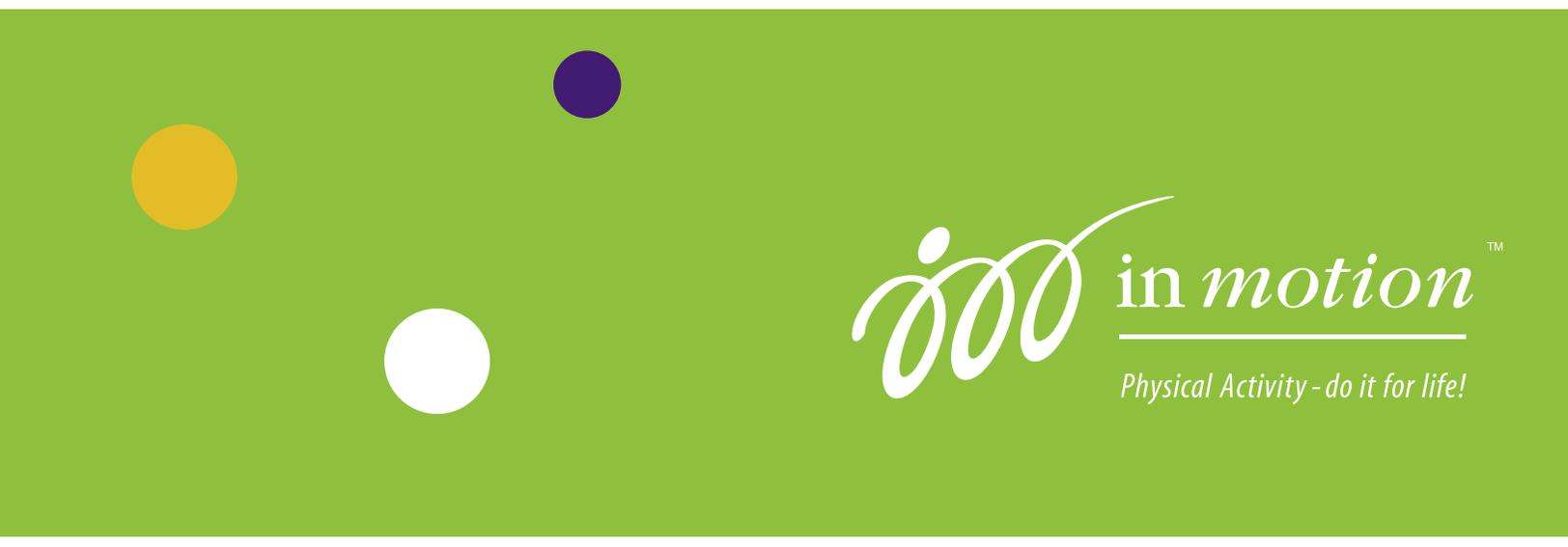
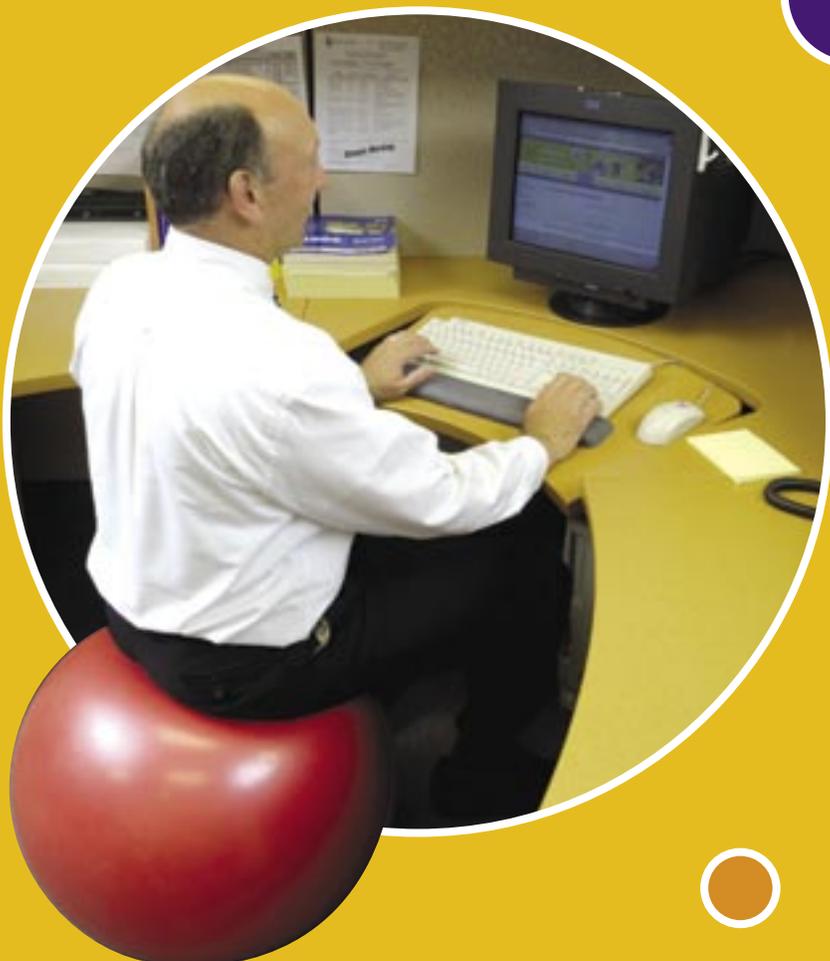


in motion
Energizers

A Guide for "in motion" Breaks



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Physical Activity - do it for life!



Acknowledgements

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This document was created through the joint efforts of Manitoba *in motion* and Winnipeg *in motion*.

For more information on Workplaces *in motion* and access to resources:

Winnipeg Workplaces – Contact Winnipeg *in motion*

Email: getactive@winnipeginmotion.ca

204.940.3648

Brandon Workplaces – Contact Brandon *in motion*

Web site: www.brandoninmotion.ca

204.571.8364

Other Workplaces across Manitoba –

Contact Manitoba *in motion*

Email: inmotion@gov.mb.ca

Toll free: 1.866.788.3648

To share your great energizer ideas and stories contact
Winnipeg *in motion* at getactive@winnipeginmotion.ca!



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Additional Resources

(located at www.winnipegmotion.ca/resources/workplaces/):

- My Body – PowerPoint slide / Overhead
- Sample Stretching Handouts



Energize Meetings or Conferences:

A guide for "*in motion*" breaks

Many employees spend time attending meetings that require sitting for long periods of time. An easy way to energize your meetings and conferences is to incorporate scheduled physical activity breaks. They are a great way to keep participants focused.

You can do these activity breaks with little or no equipment in a meeting or conference area that has limited room to move. Managers, facilitators or volunteers can lead the group through one of these three to five minute activity breaks.

Here are a few things to consider when planning an energizing physical activity break into your agenda.

How do I get the space ready?

- Find out ahead of time the size and set up of the area you will be using.
- If the room is large, you may need a microphone (headset or lapel microphone) and a large projection screen may be required.

Who should lead the Energizer?

- Anyone can lead these activity breaks. You don't need specialized training. Select a volunteer who is comfortable being up in front of a group, can clearly communicate with the audience, and has energy and enthusiasm.
- Always have a back-up leader, just in case. You could also have two or three leaders for larger groups.
- You can hire an accredited fitness leader to lead the activity breaks. Contact the Manitoba Fitness Council at 204.474.8644 in Winnipeg; or toll free at

How do I get the attendees to participate?

- Know your audience. The comfort level of the audience will affect the success of the activity breaks. If participants aren't familiar with each other, they may be less likely to take risks or fully participate. Choose an activity where they can participate independently. If the group has an existing relationship, do an activity that requires interaction or partners.
- Choose energizers that are appropriate for the participants' abilities and fitness levels. Demonstrate adaptations to accommodate different abilities and fitness levels. Show how you can do the activities seated or at different intensities.
- When planning your activity breaks, remember that your participants might be wearing business suits, skirts, or heels – making some activities difficult to do. Communicate with the participants ahead of time and recommend that they wear comfortable clothing and shoes.

When should I schedule an Energizer?

- Choose to do your activity break when the participants have been sitting for a long period of time. Break up a long session (two hours or more) or have an activity break before your nutrition break.
- Energizers can also be a great way to excite and energize your participants first thing in the morning or to bring people back together after a break.
- Incorporate activities appropriate to the time of the year. (E.g., In the winter, try snowshoeing or cross-country skiing. Lead the group through a mini-vacation that gets them thinking of warmer times like walking on a tropical beach.)

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.





My Body...

Source: Saskatoon *in motion*

Equipment: words to the song on overhead, PowerPoint slide, or handout
microphone (for large groups)

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

How to:

- Explain to participants that "My Body" is sung to the tune of "My Bonnie Lies Over the Ocean".
- Have participants begin by standing in front of their chairs.
- Explain that when they sing a word that starts with a "B", they sit down and at the next "B" word, they stand up, and so on.
- If some participants cannot stand and sit easily, you can have them raise their arms instead.

Song:

Verse 1

My Body lies over the sofa
My Body gets too much TV
My Body is soft as the sofa
Oh Bring Back my Body to me.
Bring Back
Bring Back
Oh, Bring Back my Body to me,
To me!
Bring Back
Bring Back
Oh, Bring Back my activity.

Verse 2

My Body is off of the sofa
My Body is active and free!
My Body has turned off the TV
I'm active and that is the key!
Bring Back
Bring Back
Oh, Bring Back my Body to me,
To me!
Bring Back
Bring Back
Oh, Bring Back my activity.



in motion Bird Dance

Source: Saskatoon *in motion*

Equipment: Bird dance music
CD player
microphone (for large groups)

Space: participants need space to move and swing their partner around during the chorus

How to:

- The bird dance is a fun way to point out that flexibility, strength and coordination are all part of being "*in motion*"
- Demonstrate the actions – replace the traditional Bird Dance actions with the *in motion* actions.

Bird Dance Action

in motion Action

Beak motion

Flexibility – stretch arms in the air

Wing flap

Coordination – lock fingers together in front and make a wave

Bum wiggle

Strength – do your best strong man pose

Clap

Clap

- The song starts out slow and then speeds up.
- Link arms with a partner during the chorus and swing your partner around.

Wiggles

Source: Adapted with permission from the North Carolina Department of Public Instruction (www.ncpe4me.com)

Equipment: list of instructions – order to wiggle in microphone (for large groups)

Space: participants need a small amount of space

How to:

- Have participants stand up and start by marching on the spot.
- Explain that as you introduce a body part, they should move/wiggle that body part in addition to the part(s) you have called out before.
- Start with fingers and work your way down the body or start with toes and work your way up the body.

March in place while doing the following:

- begin to wiggle your fingers
- then your fingers and wrists
- then your fingers, wrists and forearms
- then your fingers, wrists, forearms and elbows
- then your fingers, wrists, forearms, elbows and shoulders
- then your fingers, wrists, forearms, elbows, shoulders and rib cage
- then your fingers, wrists, forearms, elbows, shoulders, rib cage and hips
- then your fingers, wrists, forearms, elbows, shoulders, rib cage, hips and knees
- then your fingers, wrists, forearms, elbows, shoulders, rib cage, hips, knees and head



Air Writing

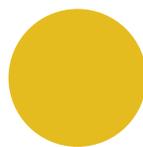
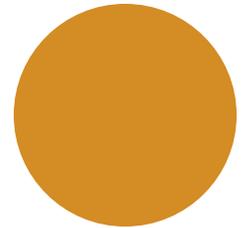
Source: Adapted with permission from the North Carolina Department of Public Instruction (www.ncpe4me.com)

Equipment: list of instructions
microphone (for large groups)

Space: participants need a small amount of space

How to:

- Have participants begin by marching on the spot.
- Ask them to write their names in the air using the following parts of their body:
 - right finger
 - left finger
 - right elbow
 - left elbow
 - right foot (big toe)
 - left foot (big toe)
 - right shoulder
 - left shoulder
 - nose
 - belly button
- Have participants draw objects or shapes after they spell their names.



As if...

Source: Adapted with permission from the North Carolina Department of Public Instruction (www.ncpe4me.com)

Equipment: list of instructions
microphone (for large groups)

Space: participants need a small amount of space

How to:

- Have participants stand up and start by marching on the spot.
- Tell them to do the actions as you describe them for 10 to 15 seconds.
- Make up your own list of activities that participants can act out.
- Make use of your space if you have room to move.
 - March in place and play the drums AS IF you were in a marching band.
 - Reach up AS IF you were reaching balloons in the sky.
 - Walk in place AS IF you are walking through a giant pool of Jell-O.
 - Jump in place AS IF you were popcorn popping.
 - Jog in place AS IF a big bear is after you.
 - Paint AS IF you have a fence to paint.
 - Shake your body AS IF you were a wet dog.



Sports Galore

Source: Adapted with permission from the North Carolina Department of Public Instruction (www.ncpe4me.com)

Equipment: list of instructions
microphone (for large groups)

Space: participants need a small amount of space

How to:

- Have participants stand up and start by marching on the spot.
- Tell them do the activities as you call them out every 10 to 15 seconds.

Call out the following skills:

- dribbling a basketball
- swimming underwater
- shooting an arrow
- throwing a football
- running through tires
- shooting a hockey puck
- downhill skiing
- serving a tennis ball
- cross country skiing
- batting a baseball
- shooting a jump shot
- swinging a golf club



Make up your own list of activities and group them into seasons or themes.



Walk with Me

Source: Manitoba *in motion*, Winnipeg *in motion*

Equipment: list of instructions
music with a consistent, rhythmical beat (for example, Walking in Rhythm by the Blackbyrds or Shy Guy by Diana King)
CD player
microphone (for large groups)

Space: participants need a small amount of space

How to:

- Narrate a walk through your community or around Manitoba as you describe the events and activities.
- Have participants stand up and start by marching on the spot.
- Ask them to follow you as they walk through Manitoba, their city, town or community.
- Stick to a particular season or adapt the activities to include sites, activities and events in your community.

Winter:

- Imagine putting on a jacket, scarf, toque and mitts.
- Shrug your shoulders as if you're freezing.
- Walk through the deep snow, lifting your knees up high.
- Walk with snowshoes.
- Cross country ski.
- Skate along the river.
- Downhill ski by crouching down slightly with poles at your sides, hitting a mogul and lifting one leg and then the other to the side.
- Pretend to be riding a snow racer by crouching down slightly, steering down the hill, walking back up the hill and going again.

- Make snow angels by putting your right arm and leg out to the side. Repeat with left arm and leg. Do jumping jacks for more of a challenge.
- Pretend to curl by standing in a front lunge position, extending your right leg forward and left leg behind. Move your arm as if throwing a curling rock. Press the heel of your back leg down to stretch the calf. Switch legs and repeat.
- Pretend to be shoveling snow by taking three steps to the left and tapping your toe followed by three steps to the right and tapping. Repeat and add the shoveling arms.

Spring/Summer/Fall:

- Take off your winter gear.
- Walk down the path. It's muddy; shake the caked on mud off your shoes.
- Stop off at a friend's house and help clean windows (circle arms in front with toe tap).
- Walk again and then stop off at the dance hall. March three beats and toe tap or clap hands on the fourth beat. Travel forward and then backward doing your best John Travolta Saturday Night Fever imitation.
- Turn this into playing basketball. March three beats while bouncing your ball and shooting a basket on the fourth beat.
- Switch to baseball. Catch low balls by crouching down behind the plate and then up for long fly balls; reach to the sides – down, down, reach up, up.
- Paddle your canoe or row your boat. Lift your knees and add paddling or rowing actions with your arms.
- Kick the soccer ball.
- Play hopscotch and kick your heel up towards your bum.
- Pull weeds in the garden.
- Use a hula hoop. Swivel your hips around as if hula hooping and then change directions.
- Pretend to swim doing the front crawl, back crawl and breaststroke.
- Pretend to golf. Step side to side while swinging a golf club, do both arms.
- Rake leaves.
- Pretend to slalom water ski. Put one leg in front of the other (stretching out the calf muscle), and hold on tight to the tow rope.

Just a Piece of Paper

Source: Adapted with permission from Daryle McCannell, Brandon University

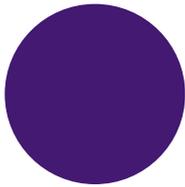
Equipment: list of instructions
music with a consistent, rhythmical beat
CD player
microphone (for large groups)
pen/pencil and a piece of paper for each participant

Space: participants need a small amount of space

How to:

- Begin by instructing participants to write a word or short phrase that makes them want to move or an activity that they like to do.
- Have participants stand up with a bit of space to move.
- Turn on music.
- March on the spot, holding paper in one hand.
- Continue to march waving the paper above head. Switch hands, waving paper on the other side. Pass the piece of paper back and forth, changing hands.
- Bend forward and place paper on the floor about a foot in front of you.
- Change the march to a toe tap, tapping the paper.
- Add a clap. Clap hands and continue to tap toes forward.
- Change arms to a punch out front or a reaching up.
- Bend and pick up paper and crumple it into a ball.
- Go back to a march, moving the paper ball from one hand to the next.
- Move the paper ball from one hand to the next above your head.
- Stop marching and pass the paper ball from one hand to the next around the waist.

- Move hips and waist in a circle as you go.
- Move down and pass the paper ball from one hand to the next around the knees.
- Stand back up straight and lift one knee at a time. Pass the paper ball under one knee then the next.
- To celebrate, hold the paper ball in one hand and throw arms up above your head and shake. Drop hands down to your side then, up again.
- Now, throw the paper ball and pick up someone else's. Throw and pick it up several times.
- Pick up one last paper ball and keep it as your reminder to be active for the day.



The Countdown

Source: Pilot Mound Collegiate

Equipment: list of instructions
music with a consistent, rhythmical beat
CD player
microphone (for large groups)

Space: participants require a small amount of space

How to:

- Have participants stand up.
- Put left arm up in the air, fist closed, and enthusiastically shake arm counting one to eight.
- Put right arm up in the air, fist closed, and shake counting one to eight.
- Put left foot in front, shake leg, counting one to eight.
- Put right foot in front, shake leg counting one to eight.
- Wiggle hips, counting one to eight.
- REPEAT ALL, counting one to seven
- REPEAT ALL, counting one to six
- REPEAT ALL, counting one to five
- REPEAT ALL, counting one to four
- REPEAT ALL, counting one to three
- REPEAT ALL, counting one to two
- REPEAT ALL, counting one



Stretch and Relax

Source: Manitoba *in motion*

Equipment: list of stretches
microphone (for large groups)

Space: participants require a small amount of space

How to:

- Gently warm up the body by marching on the spot or moving around the tables and chairs.
- When doing the stretches, breathe naturally.

Note: Plan your stretches to include all major body parts. Choose two or three stretches from each of the following sections. Stretching pictures and handouts are available at www.winnipeginmotion.ca



Stretches for the Neck, Shoulder and Chest

Neck side stretch	Stand or sit; gently tilt your head to the side, reaching ear to your shoulder. Repeat on the other side.
Chin to chest	Sit or stand; gently tuck your chin to your chest.
Nose to armpit	Sit or stand; tip your head to one side and drop your shoulder slightly. Turn your head to look at opposite armpit. Repeat on other side.
Reverse shoulder rolls	Sit or stand; roll your shoulders gently in a backwards motion.
Fly away (front of shoulder)	Stand with your feet shoulder width apart. Lift your arms out to the side of the body at shoulder height, palms facing down. Reach behind as far as comfortably possible.
Straight arm across (back of shoulder)	Stand with your feet shoulder width apart. Bring one arm across the chest and hold it in place with the opposite arm. Repeat on the other side.
Chest stretch	Sit or stand with your elbows at shoulder height, fingers near ears. Pull your shoulder blades toward each other. Hold, relax and repeat.
Triceps stretch	Sit or stand; lift one arm above your head. Bend your elbow and place your hand between the shoulder blades as far down as comfortably possible. Hold stretch; change arm positions and repeat.



Stretches for the Trunk (back and abdominals)

Side stretch

Sit or stand with feet shoulder width apart and knees slightly bent, supporting most of your weight on the left thigh. Slowly reach your right arm above your head and lean slightly over to the left side. Repeat on opposite side.

Apple pick

Stand, with your knees slightly bent, arms overhead and in front. Reach up and forward with one arm, exhaling as you stretch. Repeat with the other arm. Or, while sitting in a chair, interlace fingers and turn palms upwards above your head as you straighten your arms. Think of elongating your arms. Hold, relax and repeat.

Trunk rotation

Sit in a chair with your left leg bent over right leg, rest your elbow or right forearm on the outside of the upper thigh of your left leg. Slowly apply some controlled, steady pressure toward the right with your elbow or forearm. At the same time, look over your left shoulder. Hold and repeat. Change leg positions and repeat.

Standing modified cat stretch

Stand with your feet slightly apart and toes facing forward. Sit back as if sitting in a chair and place your hands on your thighs. Inhale while looking straight ahead and your buttocks back and down. Exhale and look down as you round your back. Hold; then slowly roll your back up until you are standing. Think of rolling up one vertebra at a time. Repeat.

Back extension

Stand with your hands placed on your lower back. Slowly extend your back, slightly arching. Think of lifting your ribcage and opening your chest. Release and repeat.

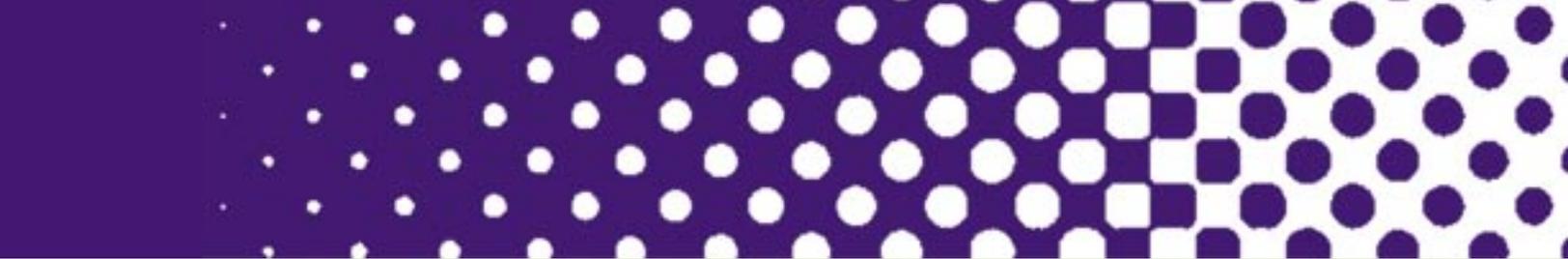
Stretches for the Ankles/Legs/Buttocks

Hip push

Stand with your feet together, holding onto the back of a chair. Bend forward slightly at the waist. Bend one leg and straighten the other, pushing the hip of the straight leg outward. Repeat on the other leg.

Standing thigh stretch

Bend one knee, grasp your ankle behind you and gently pull heel toward your buttocks. Hold and relax. Repeat on the other side. Avoid arching your back. Touch a wall or hold onto a chair for balance.



Lunge

Position yourself in a lunge position, with your front knee over the front ankle and your back leg comfortably behind you. Straighten your spine so your posture is fully erect. Lightly press the back hip forward and hold. Relax and repeat. Change leg positions and repeat. Use a chair for balance and support.

Standing hamstring (back of thigh)

Facing a chair, place one foot up on it, keeping both hips and feet facing forward. Keep your back straight and lean forward from the hips to increase the stretch in the back of the thigh.

Sitting hamstring stretch

Sit in a chair and extend one leg in front of you. Slowly bend forward from the hips and hold. Relax and repeat. Change your leg positions and repeat.



Calf stretch

Use this exercise to relieve tightness and cramping in the lower leg. Stand facing the back of a chair or a wall. Make sure you are about an arm's length away. Step forward with one foot. Slowly slide the back foot away from the wall. Keep the heel of the back foot pressing onto the floor. Hold and then repeat on the other side.



Side lunge

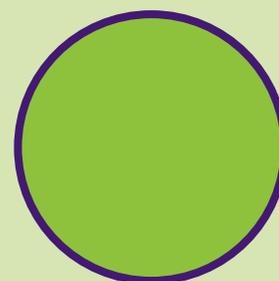
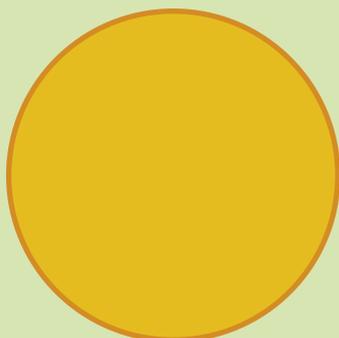
Stand with legs apart, feet pointing straight ahead, hands on hips. Shift your weight over one leg, keeping the other leg straight and foot flat on the floor. Keep upper body tall and hold. Repeat on the other side.

Seated flex and point

Sit in a chair and extend your legs straight out in front with knees very slightly bent. Pull your toes toward your body. Release the stretch by pointing the toes as far from the body as comfortably possible. Remember to sit tall. Repeat as a continuous controlled sequence 10 to 15 times.

Ankle circles

While seated, slowly circle one foot several times in one direction, and then change to the other direction. Repeat on the other foot.





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