

EATED PORTS



Equipment: Chairs/desks
Up beat music (optional)

Time: ~10-15 minutes

Have participants position their chairs so that they have room to stretch out their legs and sit on the edges of their chairs with straight backs.

Start the music.

Have everyone do the following actions for 30 seconds each while sitting on their chairs:

Hiking- swing your arms and reach left and right while tapping your toes and lifting your knees.

Swimming- move your arms as if doing the front or back crawl and kick your legs out in front.

Cycling- circle your legs as if you are riding a bike.

Paddling- use an imaginary paddle to paddle a canoe (paddle on both sides).

Tricep dips- place both hands on the chair seats; using your arms, lift your body off the seats and then lower your body, bending at the elbow.

Bicep curls- make a fist with both hands and bend the arms at the elbow to raise the hands towards the shoulders.

Twist- clasp your hands together close to your chest with elbows out and twist slowly from side to side, keeping feet flat on the floor.

Repeat this activity 2-3 times.

