

EXERCISE—HAVE FUN

Exercise module

Kitchen Capers

Many kitchen items, such as soup cans, can be used to change mundane chores into fun strength training exercises. These items are like using hand weights to build muscle strength. The following activities are examples of simple strength training exercises. Read through and try each activity.

Soup Can Toners	Soup Can Openers	Dazzling Dish Legs
<ul style="list-style-type: none"> • Grasp a soup can in one hand • Straighten arm and raise can directly above head palm facing inward • Keep upper arm stationary, bend your elbow so forearm bends backward. • Then, exhale as you straighten arm and extend arm upward. • Repeat this arm extender 20 times, then switch arms. • This can be done while on the phone, cooking dinner or watching television. 	<ul style="list-style-type: none"> • Stand with feet shoulder-width apart and parallel. • Extend arms forward at chest level, a soup can in each hand. • Open your arms to the sides. Then close them to the original position. • Repeat 12 times, exhaling as you open. • Add a variation of bending your legs when your arms are open. 	<ul style="list-style-type: none"> • Stand at sink. • Raise one leg to side. • Hold for 10 seconds. Repeat. • After 10 repetitions, switch legs. • Switch legs and repeat.

Activity: Fun Exercising in the Kitchen

For the next three days, do either the “Soup Can Toner” or the “Soup Can Opener” at least once a day. On day four, add the one you haven’t done yet to your routine. On day five, add “Dazzling Dish Legs” to your daily routine. Your completed Kitchen Capers routine will help you increase your daily activity level and promote muscle tone.

Bathroom Exercises

The following bathroom exercises can be used as supplemental activities to your exercise program. Or, they can be combined with stretching exercises to create routines to use on days you don’t plan to walk. Review and try each activity listed below:

Toothbrush Tush Push	Towel Toner	Upside Down Toe Touches
<ul style="list-style-type: none"> • Music on, paste on brush. • Stand tall, feet apart and toes turned out. • Toothbrush in hand — bend your knees and straighten in time to the music. • The American Dental Association recommends brushing for one to two minutes. Keep time to the music and do the Toothbrush Tush Push for two minutes. 	<ul style="list-style-type: none"> • Music on, stand with your feet apart. • Grab the towel, arms up and hold it taut behind your head. • Bend side to side, repeat 12 times to each side. • Make it fun—get into the beat with the music. 	<ul style="list-style-type: none"> • Music on, stand with your feet apart. • Bend from the waist and dry your hair upside down. • Use your free arm to reach for your toes; count to 10. • Switch arms and use the other arm to reach for your toes; count to 10. • Do this until your hair is dry

Activity: Fun Exercising in the Bathroom

Tomorrow, begin to do the “Toothbrush Tush Push” each time you brush your teeth. Do this for three days and HAVE FUN! Then, on the fourth day, add the “Towel Toner” after you do the “Toothbrush Tush Push.” Finally, the next time you wash your hair, try the “Upside Down Toe Touches!”

Dancing the Night Away

Remember the last time you went to a nightclub, wedding or prom and “danced the night away?” Dancing is not only fun — it’s great exercise. While most people can’t afford to kick up their heels every Saturday night, you can have a dance party in your own living room. Read through and try each of these basic dance movements. While some of these tunes are “golden oldies,” remember any favorite dance tune can be used.

Motown Magic

- Any Motown group will do. However, the Temptations and the Four Tops are a good start. Pick upbeat tunes such as “Standing in the Shadows of Love” or “Sugar Pie, Honey Bunch.”
- Starting with your right foot, step to the right then bring your left foot together with the right. Step to the right again, then kick your left foot.
- Repeat to the left side. Repeat set eight times.
- With your right foot, step right then kick your left foot out. Step to the left and kick your right foot out. Repeat eight times and go back to the beginning.
- Use the following guide to keep time: Right, together, right, kick. Left, together, left, kick. (Repeat 8 times.) Right, kick, left, kick. (Repeat 8 times.)

Twist

Any ‘60s group will do. Chubby Checker and the Peppermint Lounge songs are a good start. Pick upbeat tunes such as “Let’s Twist Again (Like We Did Last Summer)” “The Peppermint Twist” or “Twist and Shout!”

The Charleston

Roar into the ‘20s with a “get moving” workout. Select old Charleston tunes with a moderate to fast pace.

- Begin with feet together. Right leg kick forward, return to start. Left leg step back, return to start. Repeat eight times.
- Left leg kick forward, return to start. Right leg step back, return to start. Repeat eight times.
- Stand feet together, place hands on knees and swing knees out and together eight times. Repeat set to end of song.

Activity: Fun Exercising in the Livingroom

Try these dance routines on one of your non-walking days. Search out your favorite music, and “dance your heart out” for 30 minutes using at least two, if not all, of the dance movements above. When you are through, plan another 30 minute dance date with a friend, child or partner over the course of the next week. Before you know it, you’ll be movin’ and groovin’ as often as you can!