

4-H Nova Scotia at Home

Printable Worksheet –



The *Canadian 24 Hour Movement Guidelines for Children and Youth*, launched in June 2016, are the world's first integrated movement behavior guidelines that recommend the amount and intensity of physical activity, sleep, and limits to sedentary time for children and youth aged 5 to 17 within a 24-hour period. The guidelines reflect emerging research and evidence of the important relationship between sleep, physical activity and sedentary behavior of children and youth. <https://www.canada.ca/en/public-health/services/health-promotion/healthy-living/physical-activity/24-hour-movement-guidelines-children-youth.html>

For youth ages 5-17 years, at least 60 minutes of moderate to vigorous physical activity is recommended daily. 4-H members can use the activities below as part of their daily routine to keep active & try new things.

B	I	N	G	O
<p>Hopscotch Use chalk or a stick to draw a hopscotch pattern on your driveway. Hop Away!</p>	<p>Stretch it Out Calf stretch, hamstring stretch, cross shoulder stretch and neck stretch.</p>	<p>Obstacle Course Use items in your home or yard to make an obstacle course. Try kicking a ball through your course.</p>	<p>Fitness Fun Do 10 push ups, 10 curl ups, 10 sit squats.</p>	<p>Sock Skating Try sock skating on a smooth surface</p>
<p>Run Start with 30 second runs and 2 minute walks. Practice to extend your running time.</p>	<p>Fitness Fun Do 10 burpees, 10 lunges (each leg) and hold a plank for 1 minute.</p>	<p>Target Toss Toss a ball, bean-bag, or sock ball to into a target, such as a basket or box.</p>	<p>Yoga Try Easy Pose, Warrior II Pose and Child's Pose</p>	<p>Keep it up How long can you bounce a balloon or ball like a volleyball?</p>
<p>Animal Walk While out for a walk pretend to be a bear, kangaroo or crab. Use your imagination.</p>	<p>Jump Rope Skipping (with a rope or pretend) is great physical activity.</p>	 CANADA 4-H Nova Scotia	<p>Stairs Go up and down stairs 5 times</p>	<p>Fitness Fun 10 sky jumps (touch the ground and then jump straight up) 10 sit ups 10 jumping jacks</p>
<p>Fitness Fun 10 arm circles 10 high knees (each leg), 10 plank shoulder taps</p>	<p>Choose Your Own Participate in a favorite sport or activity.</p>	<p>Walk Take a walk around your neighborhood, local trail, park or beach.</p>	<p>Stretch it Out Quadriceps stretch, inner thigh stretch triceps stretch, chest stretch and side stretch.</p>	<p>Dance Party Put on some music and dance. You can learn a line dance or create your own.</p>
<p>Play Time Ask someone in your house to play tag or hide and seek.</p>	<p>Yoga Try Cat Pose, Cow Pose Warrior II Pose and Corpse Pose</p>	<p>Fitness Fun 10 sumo squats, 10 bicycle crunches, 10 calf raises.</p>	<p>Clean Up Make cleaning up fun by playing music and race to finish before the song ends.</p>	<p>Mindfulness Get comfortable in a quiet space. Relax and focus on your breathing. Notice how your body and mind feel.</p>

Can you make a different "BINGO" line each week over the summer?

Introduction to Yoga

Why Do Yoga?

The quick answer is that yoga makes you feel better. Practicing the postures, breathing exercises and meditation makes you healthier in body, mind and spirit.

Research shows that yoga helps manage or control anxiety and stress, arthritis, asthma, back pain, blood pressure, carpal tunnel syndrome, chronic fatigue, depression, diabetes, epilepsy, headaches, heart disease, multiple sclerosis, stress and other conditions and diseases.

The Top Ten Reasons Why Yoga Rocks!

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| 1. It builds physical and mental strength. | 6. It improves posture, balance and coordination. |
| 2. It increases attention span and concentration. | 7. It encourages a cooperative spirit. |
| 3. It develops self-discipline and self-control. | 8. It regulates weight and balances metabolism. |
| 4. It helps people to relax. | 9. It stimulates whole-brain function. |
| 5. It increases self-esteem and confidence. | 10. It's energetic and fun! |

Sukhasana (Easy Pose)



Cross your shins, widen your knees, and slip each foot beneath the opposite knee as you bend your knees and fold the legs in toward your torso. Relax the feet so their outer edges rest comfortably on the floor and the inner arches settle just below the opposite shin. You'll know you have the basic leg fold of Sukhasana when you look down and see a triangle, its three sides formed by the two thighs and the crossed shins. Don't confuse this position with that of other classic seated postures in which the ankles are tucked in close to the sitting bones. In Sukhasana, there should be a comfortable gap between the feet and the pelvis. As always, you should sit with your pelvis in a relatively neutral position. To find neutral, press your hands against the floor and lift your sitting bones slightly off the support. As you hang there for a few breaths, make your thigh bones heavy, then slowly lower your sitting bones lightly back to the support. Try to balance your pubic bone and tail bone so they're equidistant from the floor.

Either stack your hands in your lap, palms up, or lay your hands on your knees, palms down. Lengthen your tail bone toward the floor, firm your shoulder blades against your back to your upper torso, but don't overarch your lower back and poke your lower front ribs forward. You can sit in this position for any length of time, but if you practice this pose regularly, be sure to alternate the cross of the legs.

Virabhadrasana II (*veer-ah-bah-DRAHS-anna*)
(Warrior II Pose)



With an exhalation, step or lightly jump your feet 3 1/2 to 4 feet apart. Raise your arms parallel to the floor and reach them actively out to the sides, shoulder blades wide, palms down. Turn your right foot in slightly to the right and your left foot out to the left 90 degrees. Align the left heel with the right heel. Firm your thighs and turn your left thigh outward so that the center of the left knee cap is in line with the center of the left ankle. Exhale and bend your left knee over the left ankle, so that the shin is perpendicular to the floor. If possible, bring the left thigh parallel to the floor. Anchor this movement of the left knee by strengthening the right leg and pressing the outer right heel firmly to the floor. Stretch the arms away from the space between the shoulder blades, parallel to the floor. Don't lean the torso over the left thigh: Keep the sides of the torso equally long and the shoulders directly over the pelvis. Press the tailbone slightly toward the pubis. Turn the head to the left and look out over the fingers. Stay for 30 seconds to 1 minute. Inhale to come up. Reverse the feet and repeat for the same length of time to the left.

Marjaryasana (*Cat Pose*)



Start on your hands and knees in a “tabletop” position. Make sure your knees are set directly below your hips and your wrists, elbows and shoulders are in line and perpendicular to the floor. Center your head in a neutral position, eyes looking at the floor. As you exhale, round your spine toward the ceiling, making sure to keep your shoulders and knees in position. Release your head toward the floor, but don't force your chin to your chest. Inhale, coming back to neutral “tabletop” position on your hands and knees. Repeat 10 to 20 times.

Bitilasana (Cow pose)



Start on your hands and knees in a “tabletop” position. Make sure your knees are set directly below your hips and your wrists, elbows and shoulders are in line and perpendicular to the floor. Center your head in a neutral position, eyes looking at the floor. As you inhale, lift your sitting bones and chest toward the ceiling, allowing your belly to sink toward the floor. Lift your head to look straight forward. Exhale, coming back to neutral “tabletop” position on your hands and knees. Repeat 10 to 20 times.

Balasana (bah-LAHS-anna) (Child’s Pose)



Kneel on the floor. Touch your big toes together and sit on your heels, then separate your knees about as wide as your hips. Exhale and lay your torso down between your thighs. Broaden your sacrum across the of your pelvis and narrow your hip points toward the navel, so that they nestle down onto the inner thighs. Lengthen your tailbone away from the back of the pelvis while you lift the base of your skull away from the back of your neck. Lay your hands on the floor alongside your torso, palms up, and release the fronts of your shoulders toward the floor. Feel how the weight of the front shoulders pulls the shoulder blades wide across your back. Balasana is a resting pose. Stay anywhere from 30 seconds to a few minutes. Beginners can also use Balasana to get a taste of a deep forward bend, where the torso rests on the thighs. Stay in the pose from 1 to 3 minutes. To come up, first lengthen the front torso, and then with an inhalation lift from the tailbone as it presses down and into the pelvis.

Savasana (*Corpse Pose*)



Sit on the floor with your knees bent, feet on the floor, and lean back onto your forearms. Lift your pelvis slightly off the floor and, with your hands, push the back of the pelvis toward the tailbone, then return the pelvis to the floor. Inhale and slowly extend the right leg, then the left, pushing through the heels. Release both legs, softening the groins, and see that the legs are angled evenly relative to the mid-line of the torso, and that the feet turn out equally. Narrow the front pelvis and soften (but don't flatten) the lower back. With your hands lift the base of the skull away from the back of the neck and release the back of the neck down toward the tailbone. If you have any difficulty doing this, support the back of the head and neck on a folded blanket. Broaden the base of the skull too, and lift the crease of the neck diagonally into the center of the head. Make sure your ears are equidistant from your shoulders. Reach your arms toward the ceiling, perpendicular to the floor. Rock slightly from side to side and broaden the back ribs and the shoulder blades away from the spine. Then release the arms to the floor, angled evenly relative to the mid-line of torso. Turn the arms outward and stretch them away from the space between the shoulder blades. Rest the backs of the hands on the floor as close as you comfortably can to the index finger knuckles. Make sure the shoulder blades are resting evenly on the floor. Imagine the lower tips of the shoulder blades are lifting diagonally into your back toward the top of the sternum. From here, spread the collarbones. Stay in this pose for 5 minutes for every 30 minutes of practice. To exit, first roll gently with an exhalation onto one side, preferably the right. Take 2 or 3 breaths. With another exhalation press your hands against the floor and lift your torso, dragging your head slowly after. The head should always come up last.

Source: *Picture & Instruction Guides* www.yogajournal.com

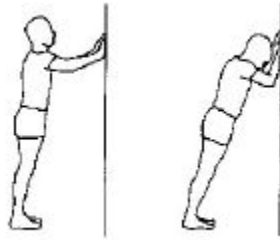
Stretching the Limits

It's a good idea to warm up your muscles and joints before you start any game or exercise routine. Stretching can be a key part of your exercise regimen. Stretching gives you increased flexibility and range of motion. It's also good for injury prevention, improvement in sports performance, improved posture and stress relief. Before stretching, warm up with five to 10 minutes of light activity. Or, better yet, reserve stretching for after a workout.

Keep stretching gentle. Don't bounce. If you feel pain, you've stretched too far. Hold a stretch for about 30 seconds, then switch sides and repeat. If you have a problem area or the stretch is particularly helpful for pain or discomfort, you may benefit from repeating the stretch. Be sure to stretch the muscles you'll be using for your particular activity. Stretch gently, breathe fully and don't bounce. Just relax and feel your muscles lengthen and strengthen.

Stretching Activities

Calf Stretch



Stand 2-3 feet away from a wall. Put your hands against the wall at about shoulder level to support your weight. Lean in toward the wall by bending your elbows until you feel a stretch in the back of your calves. Keep your body and your knees straight, and your hips forward. **DO NOT** bend at the waist. Make sure your heels remain on the ground. Hold the stretch for 20 seconds. Alternate foot position by turning the feet outward, stretching, then inward, and repeating the stretch. To increase stretch, a book can be placed under the "ball" of the foot, letting the heels hang down.

Quadriceps (front thigh muscles) Stretch



While standing, simply grab hold of a stationary object for balance with one hand and use the opposite hand to grasp the leg around the ankle and gently pull the heel behind you toward your buttocks until you feel a stretch in the front of the thigh. Make sure you keep your knee back and not let it come forward. Keep your lower back from arching by keeping your lower abdominals working. Hold 15 to 30 seconds and repeat 2 to 3 times for each leg.

Hamstring (large tendon in the back of the thigh) Stretch:



While sitting down, straighten your right leg. The sole of your left foot will be resting next to the inside of your straightened leg. Lean forward toward the right foot as far as you can without pain to stretch the hamstring of your right leg. If you can't touch your toes comfortably use a towel around the bottom of your foot to help you stretch. Hold for 30 seconds. Your right leg should lie flat on the ground but do not lock your knee. Your right quadriceps should be soft and relaxed during the stretch. Repeat with your left leg extended.

Inner Thigh Stretch:



Sitting with your back straight, bring the soles of your feet together and bring them about two feet away from your body. Lower your knees toward the floor. Place your hands on your knees and gently push downward. SLOWLY bend forward, trying to touch your nose to your feet. Hold for 30-60 seconds or until muscles feel looser.

Cross Shoulder Stretch



Stand with knees slightly bent and feet hip distance apart with toes pointing forward. Bend one arm at the elbow extending it across your chest. With your other arm on your outstretched elbow, apply pressure and gently pull your outstretched arm closer to your chest, keeping it as straight as possible. Keep your back straight and do not twist at your waist. Feel the stretch in your arm and shoulder. Hold 15-30 seconds and switch sides.

Triceps Stretch



Stand with knees slightly bent and feet hip distance apart with toes pointing forward. Bend one arm at elbow and raise it up towards your head. Try to touch the shoulder blade area with your fingers. Using your other hand gently pull your elbow back stretching your triceps. Hold 15-30 seconds and then switch sides.

Side Stretch



Stand with legs spread slightly more than shoulder width apart. Raise one arm overhead with palm open. Lean to side as far as possible keeping your back straight. Hold for 5 – 30 seconds. Return slowly to starting position. Repeat on other side. Repeat 3 to 5 times on each side.

Chest Stretch



Sit upright with shoulders back and chest out. Clasp your hands behind you and slowly lift your hands up and away from your body until they have reached their furthest comfortable position. Keep your chest out and your chin in without bending forward. Hold for 15-30 seconds.

Neck Stretch



While standing bring both arms behind your back. Grab your left wrist with your right hand and gently pull your left arm down towards the right. Bend your neck to the right until you feel a stretch. Hold for 15-30 seconds and repeat with the opposite side.

Source: Fitness First Solutions www.my-ffs.com/stretching.htm