

Get Moving In Your Meetings

Ground Rules to Get Moving

When it is time to get people moving during your class or meeting, consider the background of your group, focus on fun and safety, and let everyone know the following:

- Participation is completely voluntary, and no one is required to do anything.
- All movement is at each person's pace and performed in a comfortable and painless manner.
- Activities will be gentle, will last for only 5-10 minutes, and will not cause sweating.
- The goal is to get hearts pumping, mouths smiling, and energy levels rising.

Sit and Be Active

You can get the benefits of activity without ever leaving a chair. Some sample ways to have fun when space is limited are below.

- **Aerobic activity:** Sit tall, raise arms and clap, while feet march to a musical beat. Play a lively game of seated Simon Says.
- **Strengthening activity:** Do some seated crunches. Sit tall, tighten abs, release, and repeat. Resistance bands are great in chairs.
- **Stretching activity:** Raise arms over head, spread fingers, and hold. Push arms toward walls. Gently circle neck in both directions.
- **Balance activity:** Sit tall. Bring both feet off the floor, and hold. Lift one foot at a time, point and flex toes, hold leg outstretched.
- **Fun activity:** To get everyone laughing, have a seated swim-athon with the crawl, breaststroke, backstroke, and butterfly.

Energizers for Icebreakers and Breaks

Energizers often work best when they are a little silly or based on childhood memories, so no one feels shy about moving in front of others. Here are some tips:

- Start with music because it's always the best way to get folks out of their chairs.
- Try a simple round of the Hokey Pokey, Simon Says, or the Wheels on the Bus.
- Have everyone stand in a circle and wiggle like an inchworm, walk like an elephant, or balance a pretend ball like a seal.
- Ask everyone to stay in one place and ski, shuffle, swagger, sashay, skip, slither, skate, or _____ together.
- Play invisible beach volleyball. Form real teams of 4 people, pass out invisible balls, and ask everyone to keep their ball in the air.

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Walking Around

Brisk walking can be an effective way to get fit and stay fit. Depending on the location and length of your training, there are many ways to add walking.

- **Walking indoors:** If the weather is bad, check out the indoor options – like stairs, hallways, or indoor tracks at colleges.
- **Walking outdoors:** Check with the facility where the training is taking place for local walking trails and other safe routes. Provide a walking map to participants.
- **Group walking options:** Consider ways to incorporate walking into the flow of a day. Can the group walk to a restaurant or walk around the building before a meal? Self-guided walking tours can also be an option in scenic or historic locations.



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