

The Couch Potato Workout!

Goal: To get people moving even if sitting on the couch watching sports!

Theme: Sport Activities mimicking moves performed by fans, officials and athletes/players

Environment: Can be performed in the comfort of home, classroom, daycare.....

Warm-up:



Upper Body

- Warm up with the old fashion WAVE (fan activity) – Arms raise up (breathe in) and lower down (breathe out). All participants can perform together then for two repetitions. Then have one end start with others following in order; perform several times.

Neck and torso

- Looking down the Court or Field (fan activity) – Place hands on thighs, use entire torso for full movement, turn head and torso to right looking towards right shoulder (or down the field to the right). Hold for 4 seconds. Turn head and torso to left towards left shoulder (or down the field to the left). Hold for 4 seconds. Repeat one or two times.

Shoulders Arms and Hands

- Out/Safe (referee signals for baseball). With right hand form fist with thumb up (hitch-hiker's hand) pulling arm up and hand towards right shoulder saying "out". Then move into arms crossing to front and opening out saying "safe". Repeat several times. Perform on left side.
- Illegal Motion (referee signals for football) – Circle arms front/center chest saying "illegal motion", then extend right arm out to side saying "defense". Repeat circles saying "illegal motion", then extend left arm out to side saying "offense". Perform several times.

Cardio- respiratory Training

- Dribbling down court (imaginary player moves: basketball) – Have fun with this one! Start out dribbling slowly with one hand as one slowly marches in place. Switch to other hand dribble. Pretend to weave in and out of players with one hand up, other hand dribbling. Change speed of movements.....
- Dribble, dribble, dribble, shoot (imaginary player moves, basketball) – Speed your motions up (include marching in place) by dribbling three times and shoot for a basket (hold position – follow through – for just a few seconds). Shot can be made in sitting or standing position.
- Running 100 yards! (imaginary player moves, football) – Tuck football under right arm and run like mad down the field for a touchdown! Perform several times.

Other Cardio-respiratory Training activities to include:

- Tennis – Forehand swing, backhand swing, serve...
- Soccer – Throw in, dribble with feet, lifting ball up to catch, bunting ball all from head.....
- Swimming – Freestyle stroke, back stroke, butterfly...

Cool Down/ Stretch

- Field Goal (player moves; football). Gently kick with right leg, stand tall with arms overhead and say “score”. Repeat several times then repeat with left leg.
- New WAVE! (fan activity) – Cross arms over front to left and lift up and over head to right. As arms go up and over say “OOOOHHHHH” or “WHEEEEEWWW” be creative.
- Looking down the Court or Field (fan activity) – Place hands on thighs, use entire torso for full movement, turn head and torso to right looking towards right shoulder (or down the field to the right). Hold for 4 seconds. Turn head and torso to left looking towards left shoulder (or down the field to the left). Hold for 4 seconds. Repeat on or two times.
- Sitting towards edge of “couch”, extend right leg front with heel resting on floor. Bend forward at the hips until you reach a point of mild tension. Hold approximately 20 seconds. Repeat with left leg.
- Cross arms over for a “hug” to stretch upper back and shoulders. Hold 15 – 20 seconds. Reverse arms and hug again!
- Perform 2 to 3 nice deep breaths – in through the nose and out through the mouth.

End with a clap!

Reinforce the importance to move no matter how little it may seem! Physical activity helps prevent chronic diseases and extends life. It truly is Life’s Best Medicine!

Be Creative and have lots of fun!

Source: 2004 Preferred Care, You’re in Charge!