

FIVE FOR FIVE MINDFULNESS ACTIVITIES

A "Friend"



Lying on your back, wiggle into a comfortable position. Place a stuffed animal or pillow on your abdomen. Practice breathing in and slowly out, watching your "friend" move up and down.

Contemplation



Sit in a relaxed pose. Take a few deep breaths, letting each out slowly. For one minute close your eyes and think of one theme, like your favorite color.

Finger Pyramid



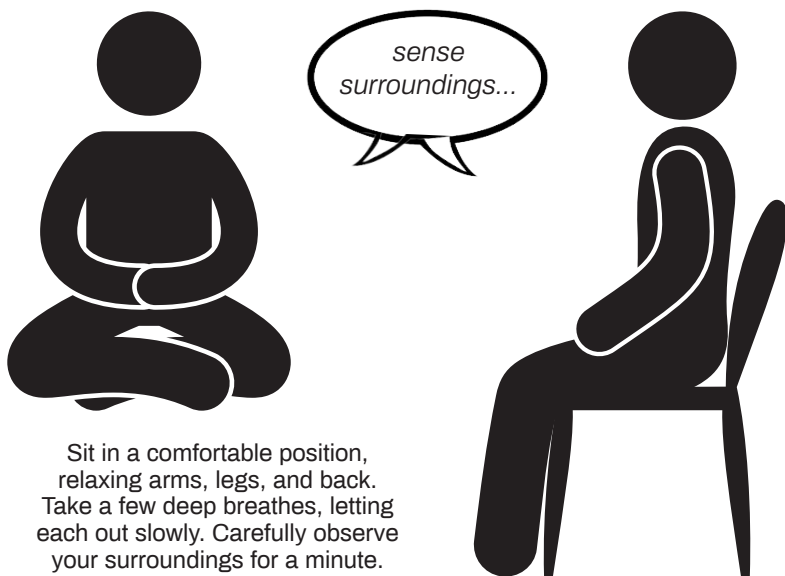
Match your left-hand fingers with your right-hand fingers, creating a pyramid. With each slow breath, open and close the pyramid by releasing and then touching your fingertips.

Intentional Breathing



Sit or lie in a relaxed pose. Place one hand on your chest and the other on your abdomen. Practice slow breathing. With each deep breath think about moving air in and out of your lungs.

Sense Your Surroundings



Sit in a comfortable position, relaxing arms, legs, and back. Take a few deep breathes, letting each out slowly. Carefully observe your surroundings for a minute.

Sitting



Sit in a comfortable position, relaxing arms, legs, and back. Take a few deep breaths, letting each out slowly. Hold your comfortable pose for one minute.

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2. Use a chair, table, or wall for support, as needed.
3. Keep your core tight while performing the majority of exercises. This will support your spine and keep your form consistent with recommendations.
4. Do not hold your breath while exercising – breathe "through" the movement to avoid spikes in blood pressure.
5. Try to stand with your legs somewhat relaxed and do not lock your knees.
6. All movements should be intentional and controlled.
7. Practice social distancing and follow current CDC guidelines when engaging in group fitness.
8. If using exercise equipment, make sure to disinfect the equipment before and after use.

FIVE FOR FIVE CARDIOVASCULAR ENDURANCE ACTIVITIES

Heel Taps in Place



Light Intensity

Stand upright, core tight, hands on hips, feet together. Tap right heel out in front of body with flexed ankle. Return to starting position. Repeat with left leg.

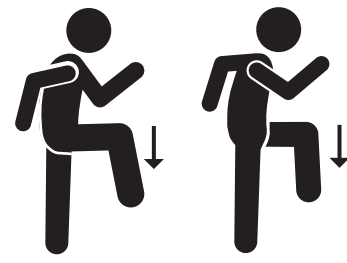
Knee Lifts in Place



Light Intensity

Stand upright, core tight, feet hip-width apart, hands on hips. Bring right knee up as close to chest as possible. Repeat with left knee.

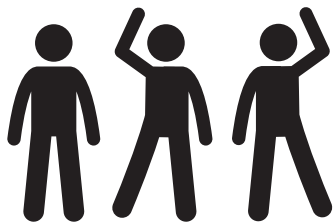
Marching in Place



Light Intensity

Stand upright, core tight, feet hip-width apart. Bend elbows to a 90° angle at sides. Bring right elbow forward as left knee raises up. Repeat on the opposite side.

Side Jack



Light Intensity

Stand upright, core tight, feet hip-width apart. Bend elbows to a 90° angle at sides. Bring right elbow forward as left knee raises up. Repeat on the opposite side.

Walking in Place



Light Intensity

Stand upright, core tight, shoulders back. Walk in place.

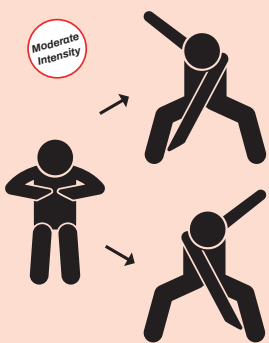
Air Punch



Moderate Intensity

With dominant foot in front, elbows bent, hands in front of face forming fists, extend left arm out in a jabbing motion, keeping elbows slightly bent and chest up. Repeat with right and left jabs.

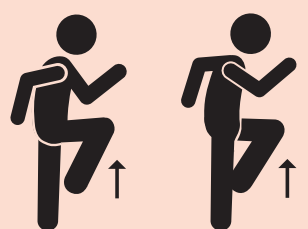
Low-Stance Jack



Moderate Intensity

Stand with feet together, hands at chest, elbows out. Bend knees slightly into a squat, pushing bottom back. Staying low, step right foot out to side, reaching left arm across body to right foot. Return to starting position. Switch sides and repeat.

Power Skips in Place



Moderate Intensity

Stand with feet hip-width apart. Lift right knee and spring up off left foot, hopping into the air. Switch. Continue in a "skipping" motion in place.

Running in Place

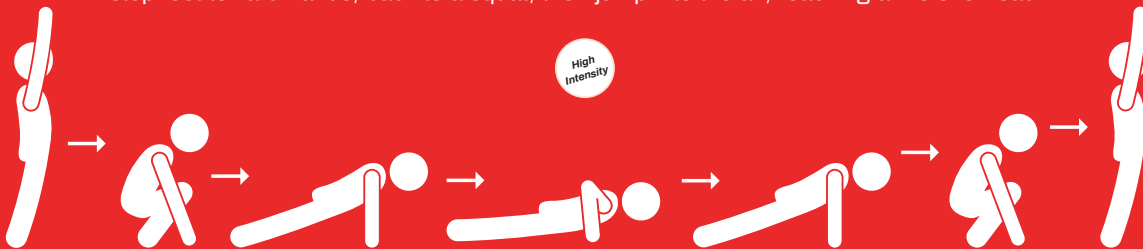


Moderate Intensity

Stand upright, feet hip-width apart. Bend elbows to a 90° angle next at sides. Run in place on balls of feet.

Burpees

Standing with feet hip-width apart, move into a squat with hands on the floor outside feet. Jump or step both feet back to plank position, holding core tight. Drop to a push-up. Return to plank position. Jump or step feet toward hands, back to a squat, then jump into the air, reaching arms overhead.



High Intensity

Jumping Jacks

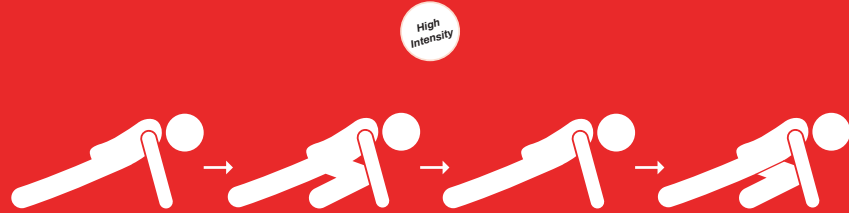
High Intensity



Standing with feet together and hands at sides, jump up and spread feet out wide while raising arms above head making a "V." Without pausing, jump back to starting position. Repeat.

Mountain Climbers

In plank position, core tight, body in a straight line, step/jump right foot forward, pulling knee into chest. Quickly switch and step/jump left foot forward pulling knee into chest. Repeat.



High Intensity

Squat Jumps



High Intensity

Standing with feet hip-width apart, core tight, lower into a squat position. Keep chest lifted, knees behind toes, and arms bent, with hands in front of chest. Jump straight up and swing arms down. Return to squat and repeat.

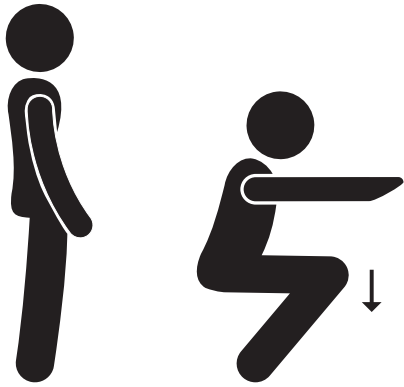
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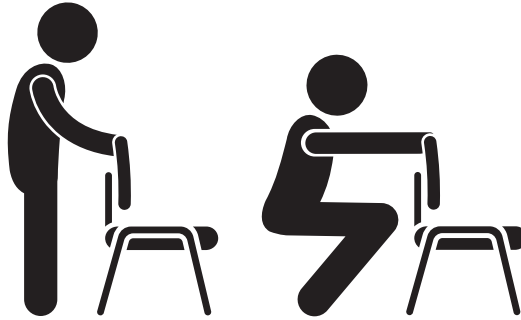
MUSCULAR ENDURANCE AND BONE-STRENGTHENING ACTIVITIES

Body-Weight Squats



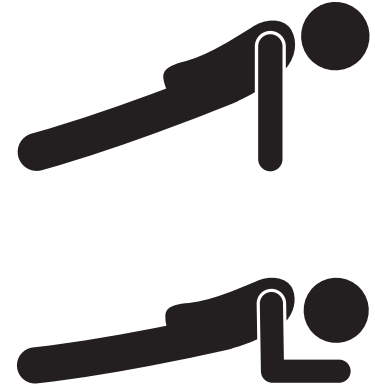
Stand upright with feet hip-width or slightly wider, core tight. Use a chair or wall to help balance. Bend at knees, pointing bottom back (like sitting down in a chair) and squat until comfortable position, then return to standing. Keep chin up and eyes focused forward.

Knee Bends with Chair



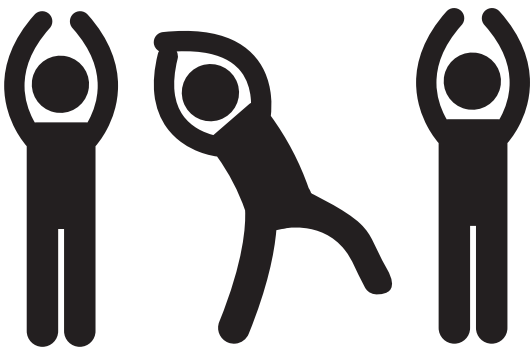
With feet hip-width and core tight, hold back of chair, bend at knees, pointing bottom back, and squat until comfortable position. Return to standing. Keep chin up and eyes forward.

Plank



Place hands or elbows directly under shoulders. Keeping core tight, lift hips and knees off floor so there is a straight line from shoulders to heels and hold.

Side Bends with Leg Lift



With feet hip width, place hands on hips or clasp overhead. Bend at waist to one side while raising opposite leg straight out to the side. Return to center and repeat on opposite side.

Side Bends with Chair



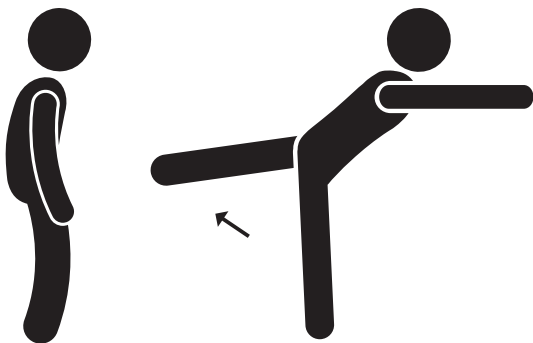
With feet hip-width behind a chair, bend at waist to one side while raising opposite leg straight out to the side. Return to center and repeat on opposite side.

Soldier Walk



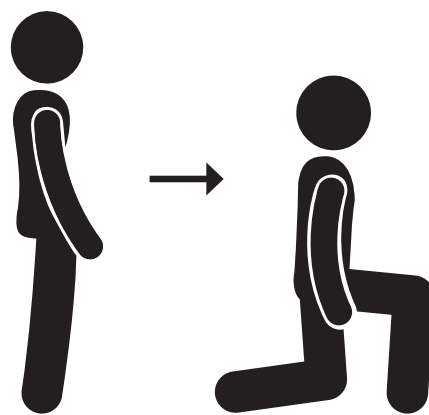
Standing with extended arms, core tight, walk forward or in place, keeping back and knees straight. Lift right leg straight out with toes pointed up. Extend left arm forward towards toes. Return to start position. Alternate arms and legs.

Straight Leg Kick-Back



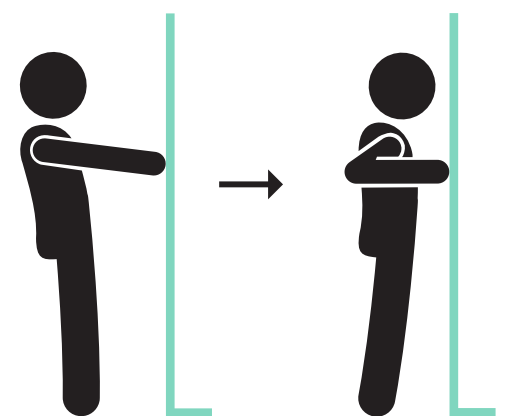
With feet hip-width, kick one leg straight back, bending at waist, as far as range of motion allows. Return to standing and repeat with opposite leg.

Walking Lunges



With back straight, shoulders back, and core tight, walk forward, stepping out as far as comfortable. Bend front knee, keeping knee behind toes. Step into a lunge without touching the back knee to the ground. Bring back foot up to meet the front foot and switch legs.

Wall Push-Ups



With feet slightly further away from the wall than arm's length, core tight, place hands shoulder-width apart on wall. Bend arms to 90°, keeping body straight, until nose almost touches wall. Push to upright position.

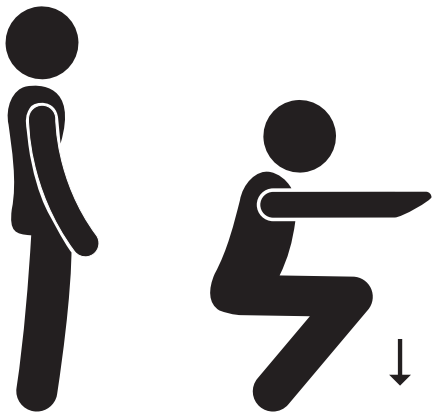
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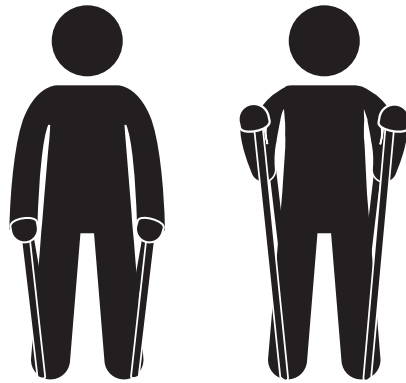
MUSCULAR STRENGTH ACTIVITIES

Body-Weight Squats



Stand upright with feet hip-width or slightly wider, core tight. Use a chair or wall to help balance. Bend at knees, pointing bottom back (like sitting down in a chair) and squat until comfortable position, then return to standing. Keep chin up and eyes focused forward.

Resistance Bands: Bicep Curls



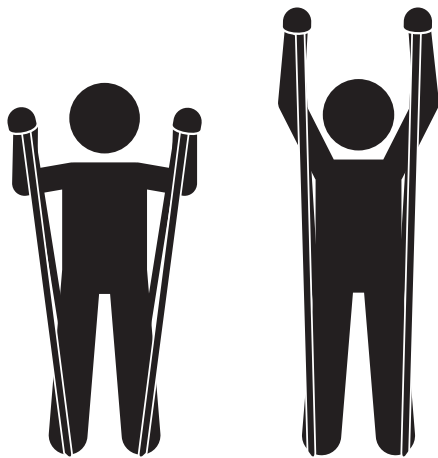
With feet hip-width and core tight, place band under both feet. Start with palms facing forward and arms straight. Keeping shoulders back, slowly bend at elbows bringing hands towards shoulders. Return to starting position. Repeat.

Resistance Bands: Body Squats



With feet hip-width, toes turned outward, and core tight, place band under both heels. Pull the band up 2–3 inches above shoulders, palms facing forward. Keep head up, chest out, and bend knees and hips, pushing bottom back and down. Stand back up to starting position. Repeat.

Resistance Bands: Shoulder Press



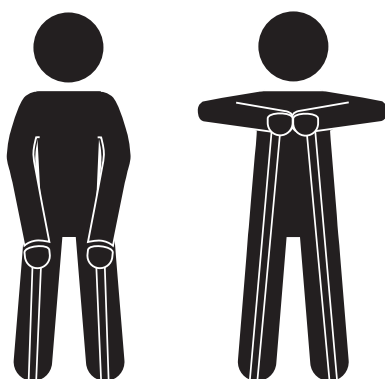
With feet hip-width, toes turned outward, and core tight, place band under both heels. Pull the band up so hands are at shoulder level facing in, elbows at side. Press hands above head and move slightly together. Return to starting position. Repeat.

Resistance Bands: Tricep Press



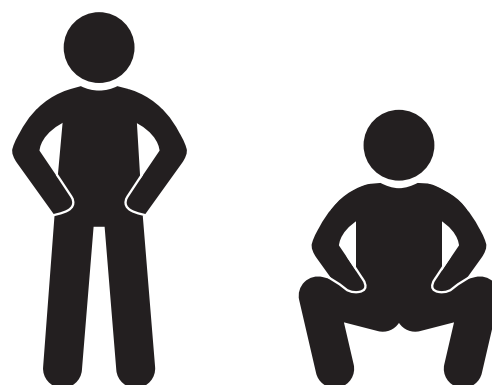
With feet hip-width and core tight, place band under both heels. With hands facing backward, elbows bent at 90° at side, lean body slightly forward. Push hands toward the back until arms are straight being careful not to let elbows come away from side. Return to starting position. Repeat.

Resistance Bands: Upright Row



With feet hip-width, and core tight, place band under both feet. Start with hands together, holding band in front and arms straight. Keeping shoulders back, raise hands up to chin with elbows pointing out to sides. Return to starting position. Repeat.

Sumo Squats



Stand with feet wider than hip-width, toes pointed slightly out, hands on hips or straight out in front of shoulders. Keeping core tight, bend knees, making sure knees do not go over toes. Return to starting position. Repeat.

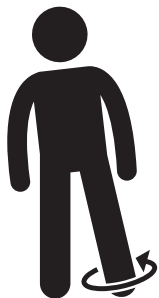
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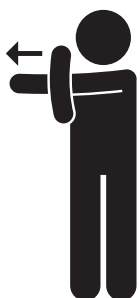
FLEXIBILITY AND BALANCE ACTIVITIES

FLEXIBILITY: Ankle Circles



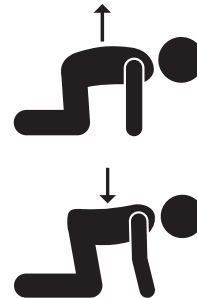
"Lift leg slightly. Move foot in circular motion. Reverse circle direction. Switch legs.

FLEXIBILITY: Arm across Chest



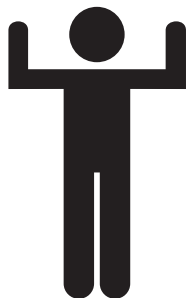
Extend left arm shoulder height and reach across chest, supporting arm with right hand as needed. Switch arms.

FLEXIBILITY: Cat - Cow



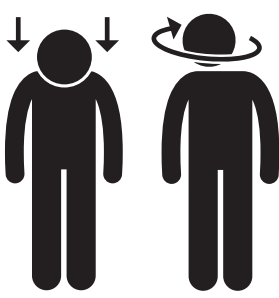
With knees below hips, lower chest toward floor while keeping head above heart. Gently curve upward one vertebrae at a time. Repeat.

FLEXIBILITY: Goalpost Arms



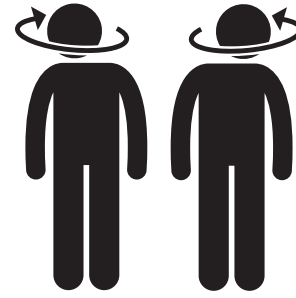
Open arms wide at shoulder height, bending elbows 90°. Slowly close and open arms.

FLEXIBILITY: Half Circles



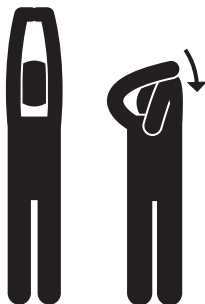
Lower chin toward center of chest. "Draw a half circle" with chin along chest toward right shoulder. Return chin toward center of chest. Repeat left.

FLEXIBILITY: Head Turn



Chin level with the floor, rotate gaze toward right shoulder. Slowly turn gaze left.

FLEXIBILITY: Pat on the Back



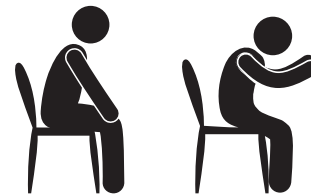
Reach right arm up, bending at elbow. Pat left shoulder, supporting arm with left hand as needed. Switch arms.

FLEXIBILITY: Seated Leg Extension



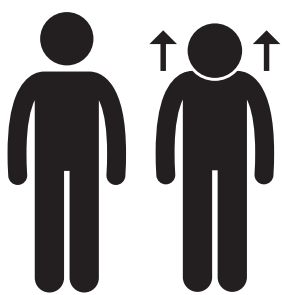
Extend one leg hip height, flex foot, and press heel away from body. Switch legs.

FLEXIBILITY: Seated Tree Hug



Reach arms forward "around tree" and clasp hands, gently curving back toward chair. Slowly sit tall, opening arms wide, keeping elbows bent and hips tucked under.

FLEXIBILITY: Shoulder Shrugs



Slowly lift shoulders toward ears and lower. Repeat.

FLEXIBILITY: Standing Leg Extension



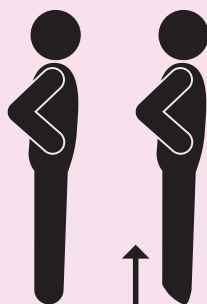
Extend one leg hip-height, flex foot, and press heel away from body. Switch legs.

FLEXIBILITY: Wrist Circles



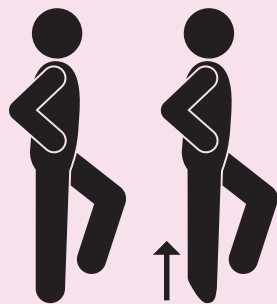
Extend arms out front. Circle both wrists in one direction, then change directions.

BALANCE: Calf Raise



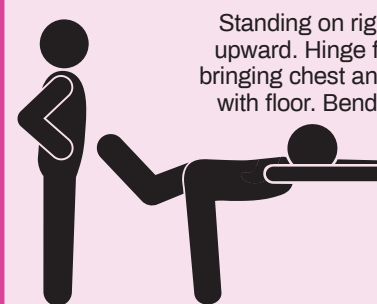
Stand with feet hip-width apart, toes facing forward. Slowly lift and lower heels.

BALANCE: Calf Raise on One Leg



Balance on one foot. Slowly lift and lower heel, holding chair for support as needed. Switch legs.

BALANCE: Dancer



Standing on right leg, lift arms upward. Hinge forward at hips, bringing chest and left leg parallel with floor. Bend left knee, toes pointing toward sky. Return to standing. Switch sides. Use chair for support as needed.

BALANCE: One-Legged Squat



Stand on right leg. Place left foot close to right foot and lift left heel. Slowly sit and stand. Switch sides.

BALANCE: Star



Keeping left hand on chair, stand on left leg. Lift right leg out to side, pointing toes. Stretch right arm upward. Switch sides.

BALANCE: Tree



Stand on right leg, lift left knee, and open wide to side. Place left foot on right leg below or above knee. Lift one or both arms to sky. Switch legs. Use chair or wall for support, as needed.

BALANCE: Swaying Tree



Stand on right leg, lift left knee, and open wide to side. Place left foot on right leg below or above knee. Lift one or both arms to sky. Bend at waist to one side and then the other. Switch legs and repeat. Use chair or wall for support, as needed.

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