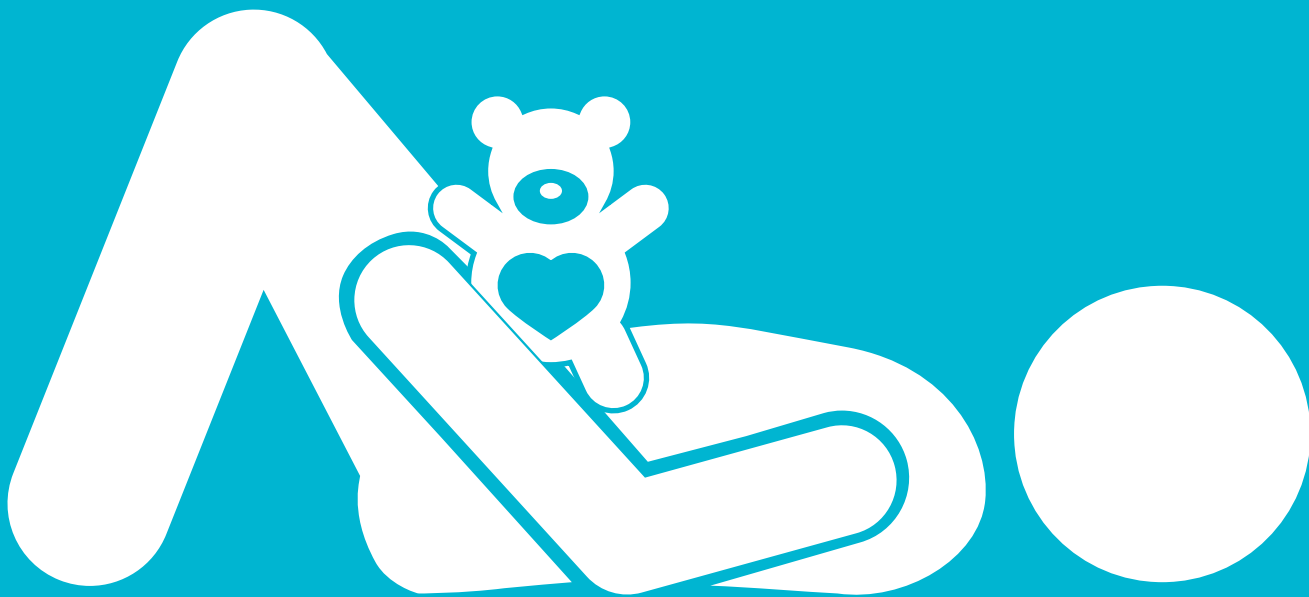


FIVE FOR FIVE MINDFULNESS ACTIVITIES



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.

FIVE FOR FIVE MINDFULNESS ACTIVITIES



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.

FIVE FOR FIVE MINDFULNESS ACTIVITIES



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.

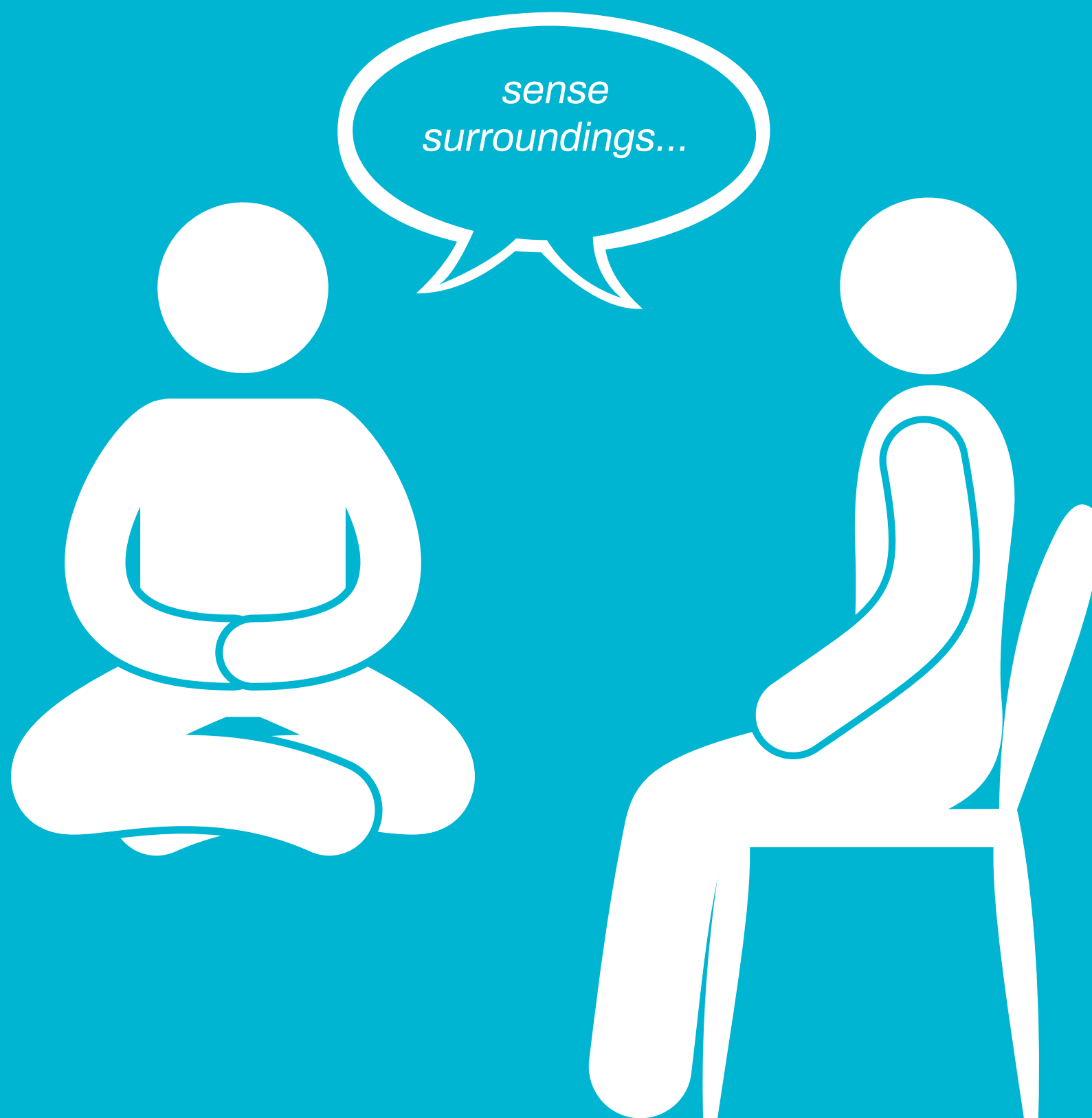
FIVE FOR FIVE MINDFULNESS ACTIVITIES



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.

FIVE FOR FIVE MINDFULNESS ACTIVITIES



SENSING 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.

FIVE FOR FIVE MINDFULNESS ACTIVITIES



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.

FIVE FOR FIVE CARDIOVASCULAR ENDURANCE ACTIVITIES



HEEL TAPS IN PLACE

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.

LOW INTENSITY



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FIVE FOR FIVE CARDIOVASCULAR ENDURANCE ACTIVITIES

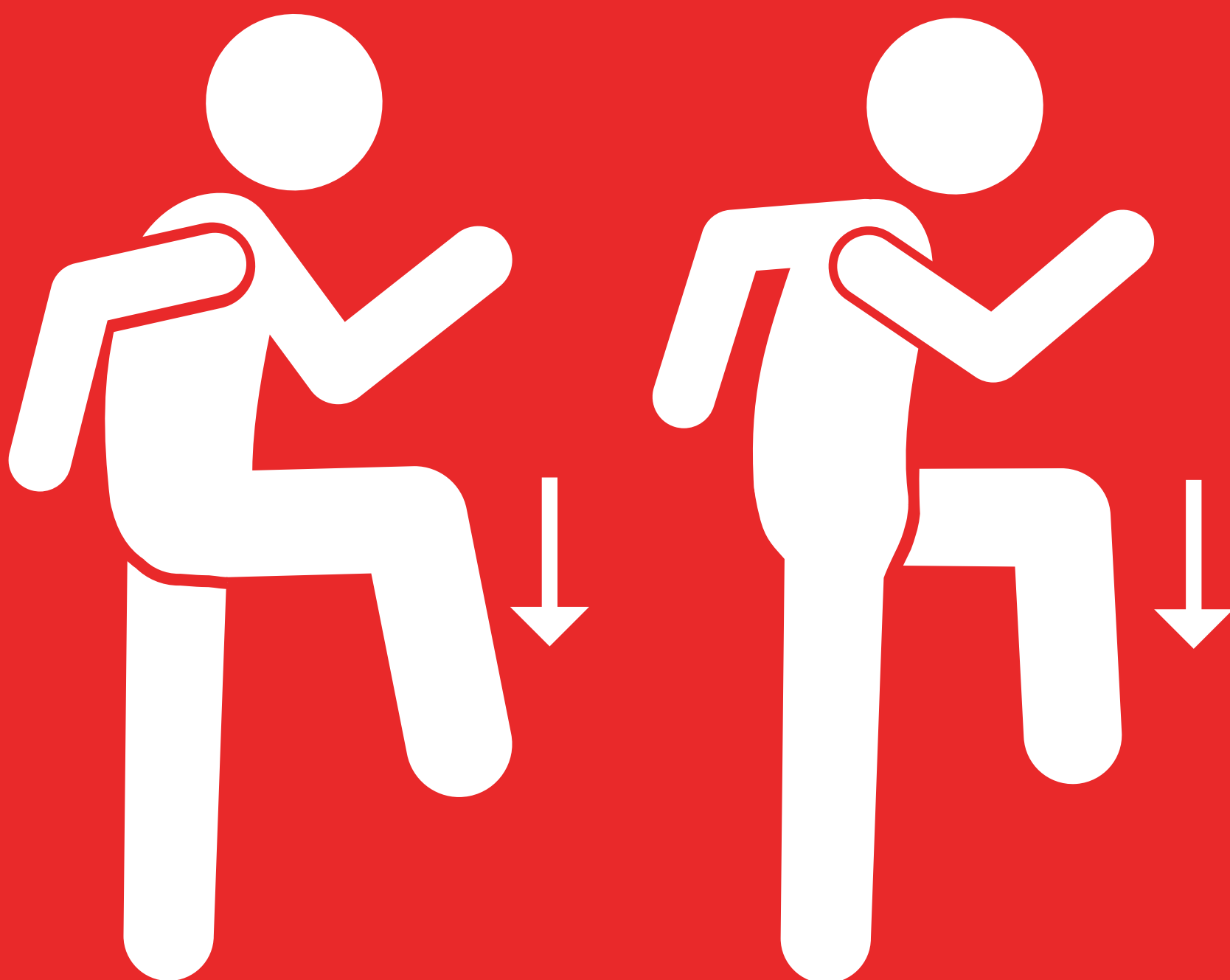


KNEE LIFTS IN PLACE

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.

LOW INTENSITY

FIVE FOR FIVE CARDIOVASCULAR ENDURANCE ACTIVITIES



MARCHING IN PLACE

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.

LOW INTENSITY



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FIVE FOR FIVE CARDIOVASCULAR ENDURANCE ACTIVITIES



SIDE JACK

With feet together, arms at side, step one foot out to the side raising arms over head. Step leg back to starting position lowering arms to the side. Repeat on opposite side.

LOW INTENSITY



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FIVE FOR FIVE CARDIOVASCULAR ENDURANCE ACTIVITIES



WALKING IN PLACE

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

LOW INTENSITY



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FIVE FOR FIVE CARDIOVASCULAR ENDURANCE ACTIVITIES



AIR PUNCHES

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.

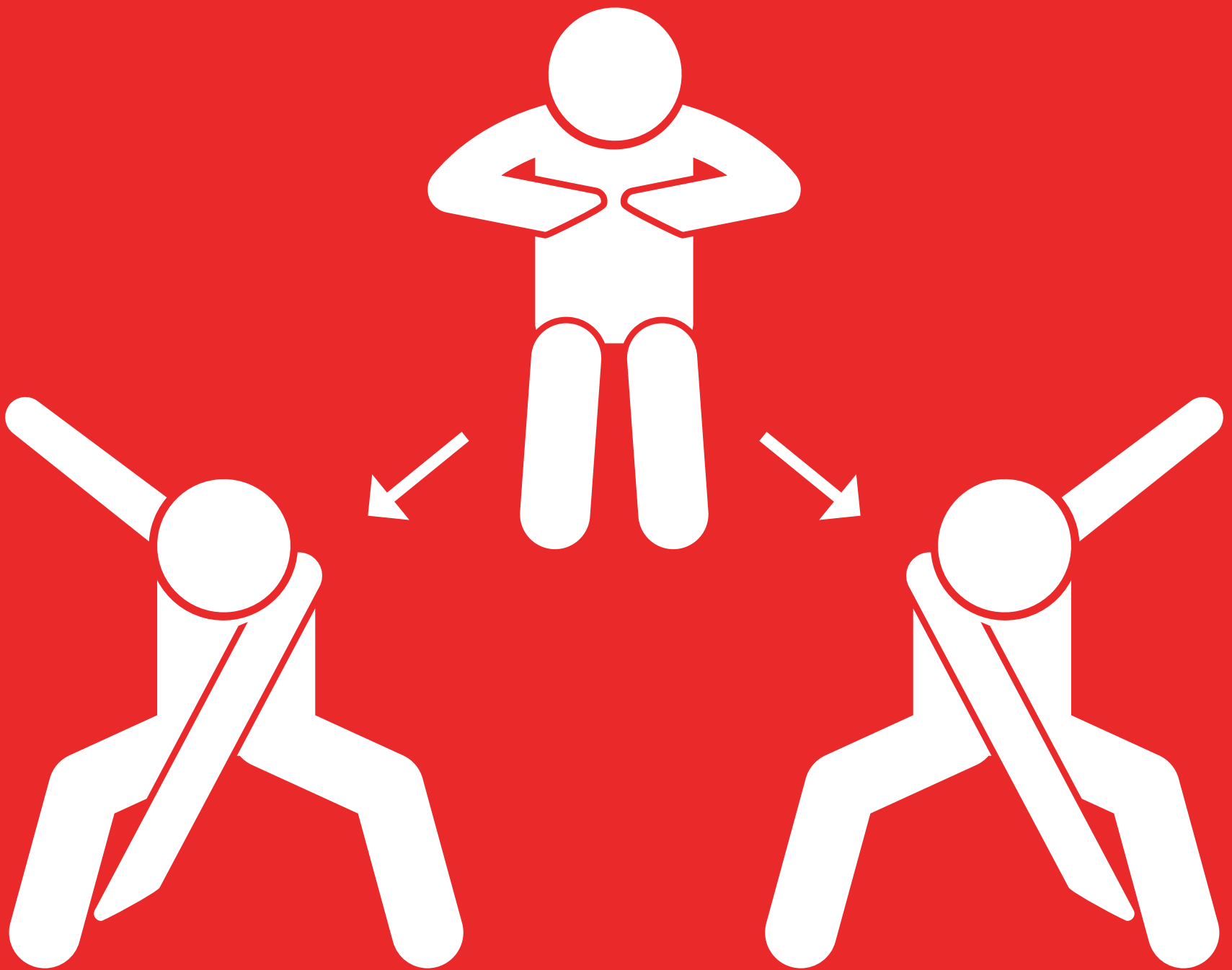
MEDIUM INTENSITY



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FIVE FOR FIVE CARDIOVASCULAR ENDURANCE ACTIVITIES



LOW-STANCE JACK

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.

MEDIUM INTENSITY

FIVE FOR FIVE CARDIOVASCULAR ENDURANCE ACTIVITIES



POWER SKIPS IN PLACE

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.

MEDIUM INTENSITY

FIVE FOR FIVE CARDIOVASCULAR ENDURANCE ACTIVITIES



RUNNING IN PLACE

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

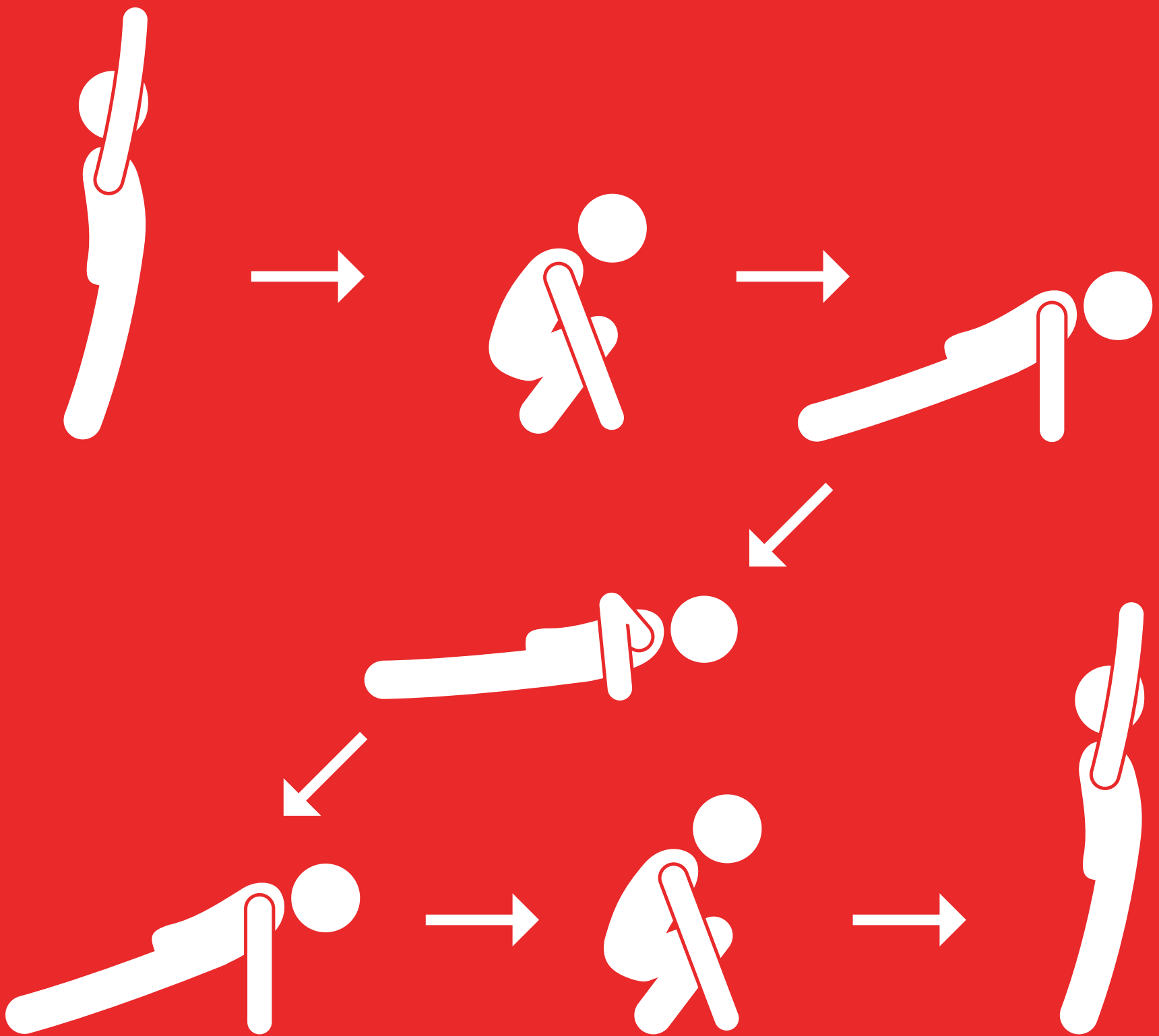
MEDIUM INTENSITY



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FIVE FOR FIVE CARDIOVASCULAR ENDURANCE ACTIVITIES



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

FIVE FOR FIVE CARDIOVASCULAR ENDURANCE ACTIVITIES



JUMPING JACKS

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.

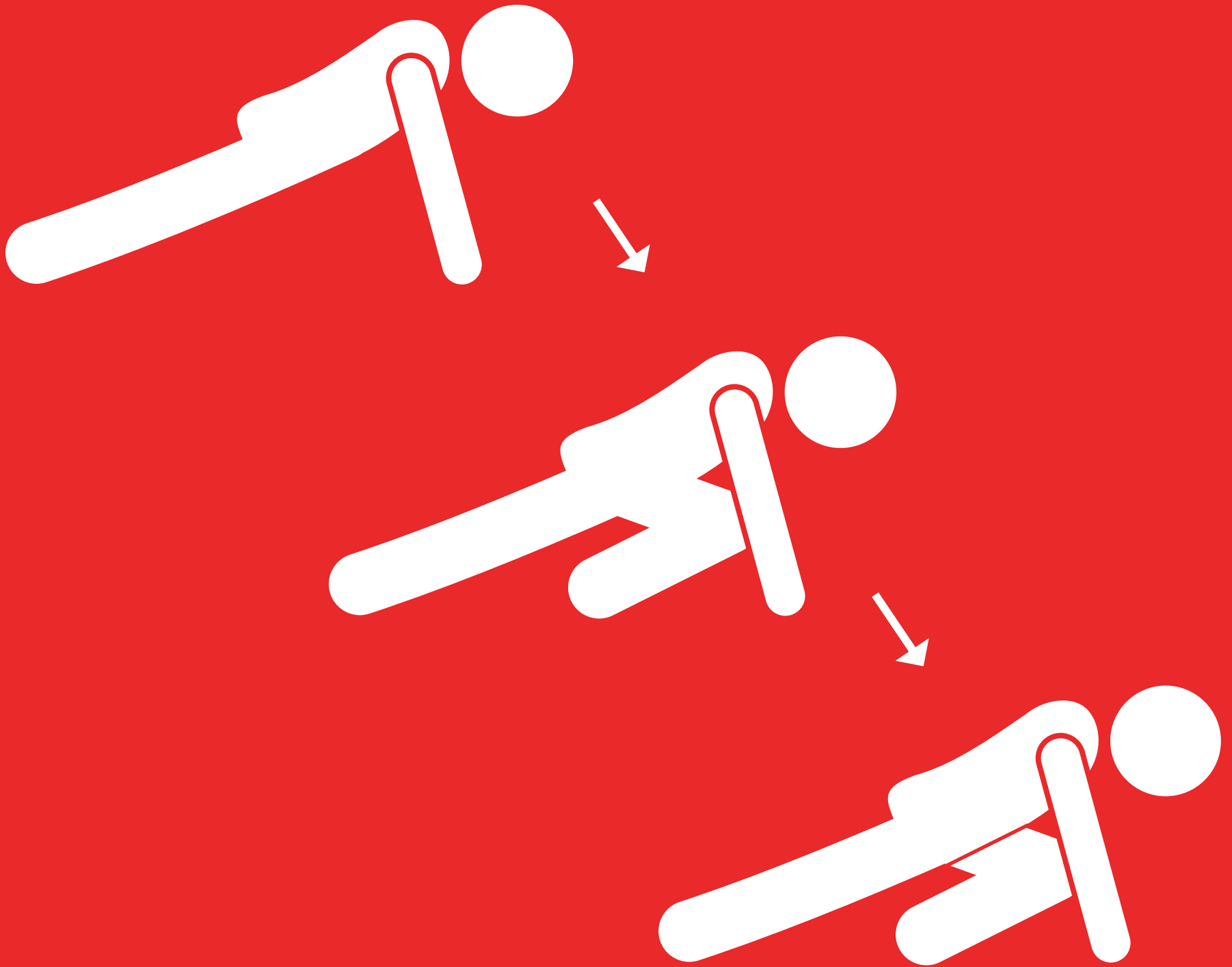
HIGH INTENSITY



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FIVE FOR FIVE CARDIOVASCULAR ENDURANCE ACTIVITIES



MOUNTAIN CLIMBERS

In plank position, core tight, body in 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

FIVE FOR FIVE CARDIOVASCULAR ENDURANCE ACTIVITIES



SQUAT JUMPS

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.

HIGH INTENSITY

FIVE FOR FIVE MUSCULAR ENDURANCE & BONE STRENGTHENING



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.



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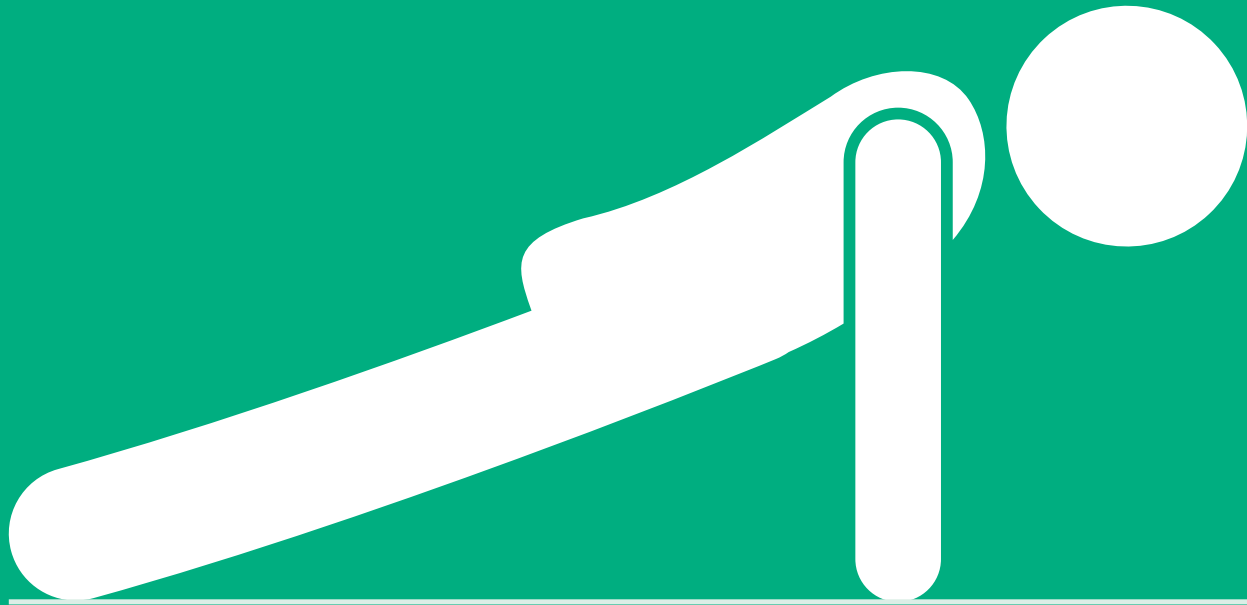
FIVE FOR FIVE MUSCULAR ENDURANCE & BONE STRENGTHENING



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.

FIVE FOR FIVE MUSCULAR ENDURANCE & BONE STRENGTHENING



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.



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FIVE FOR FIVE MUSCULAR ENDURANCE & BONE STRENGTHENING



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.



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FIVE FOR FIVE MUSCULAR ENDURANCE & BONE STRENGTHENING



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.



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SOLDIER WALK

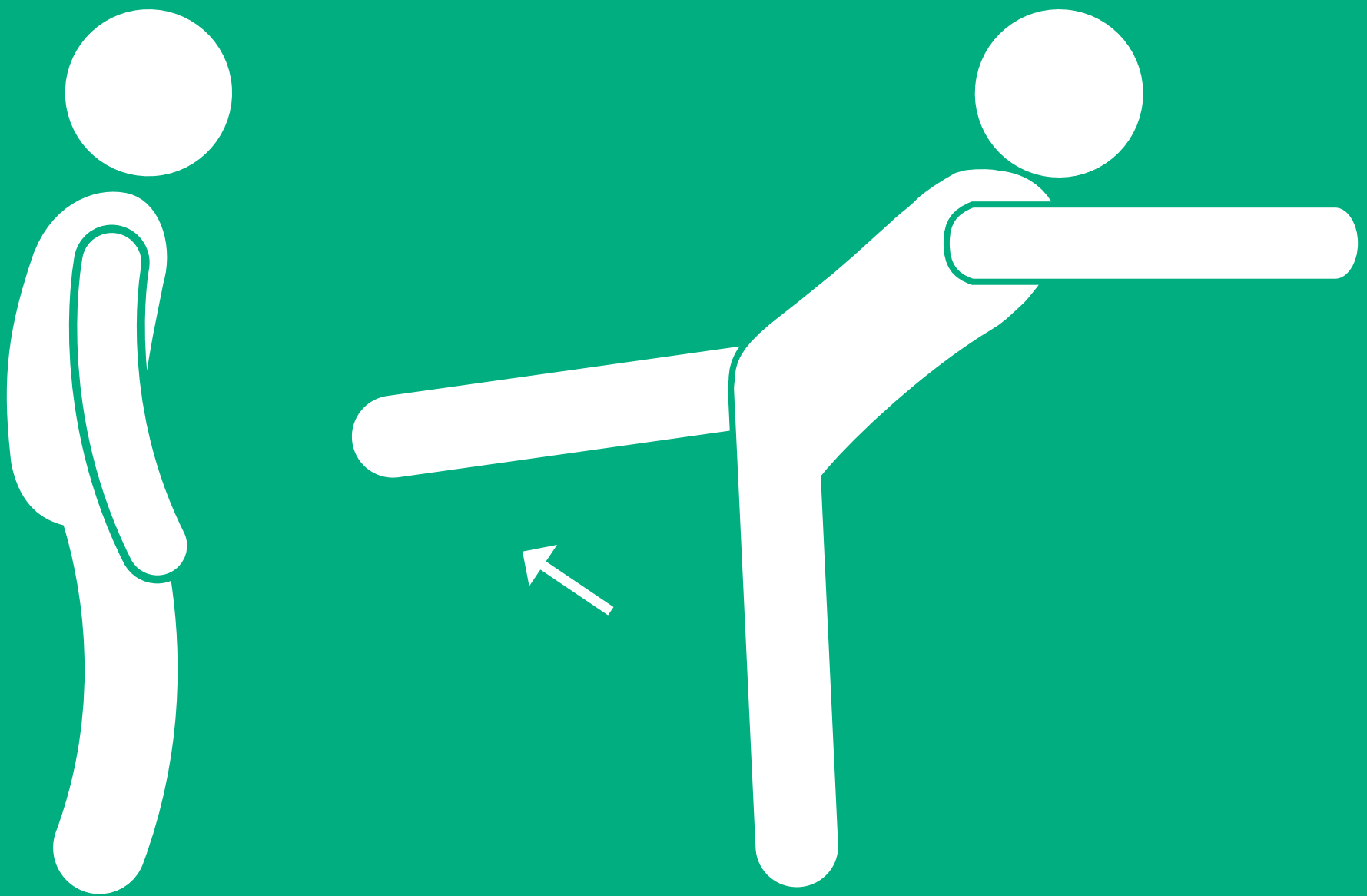
Standing with extend arms, core tight, walk forward or in place, keeping back and knees straight. Lift right leg straight out with toes pointed up. Extend left arm forward towards toes. Return to start position. Alternate arms and legs.



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STRAIGHT LEG KICK-BACK

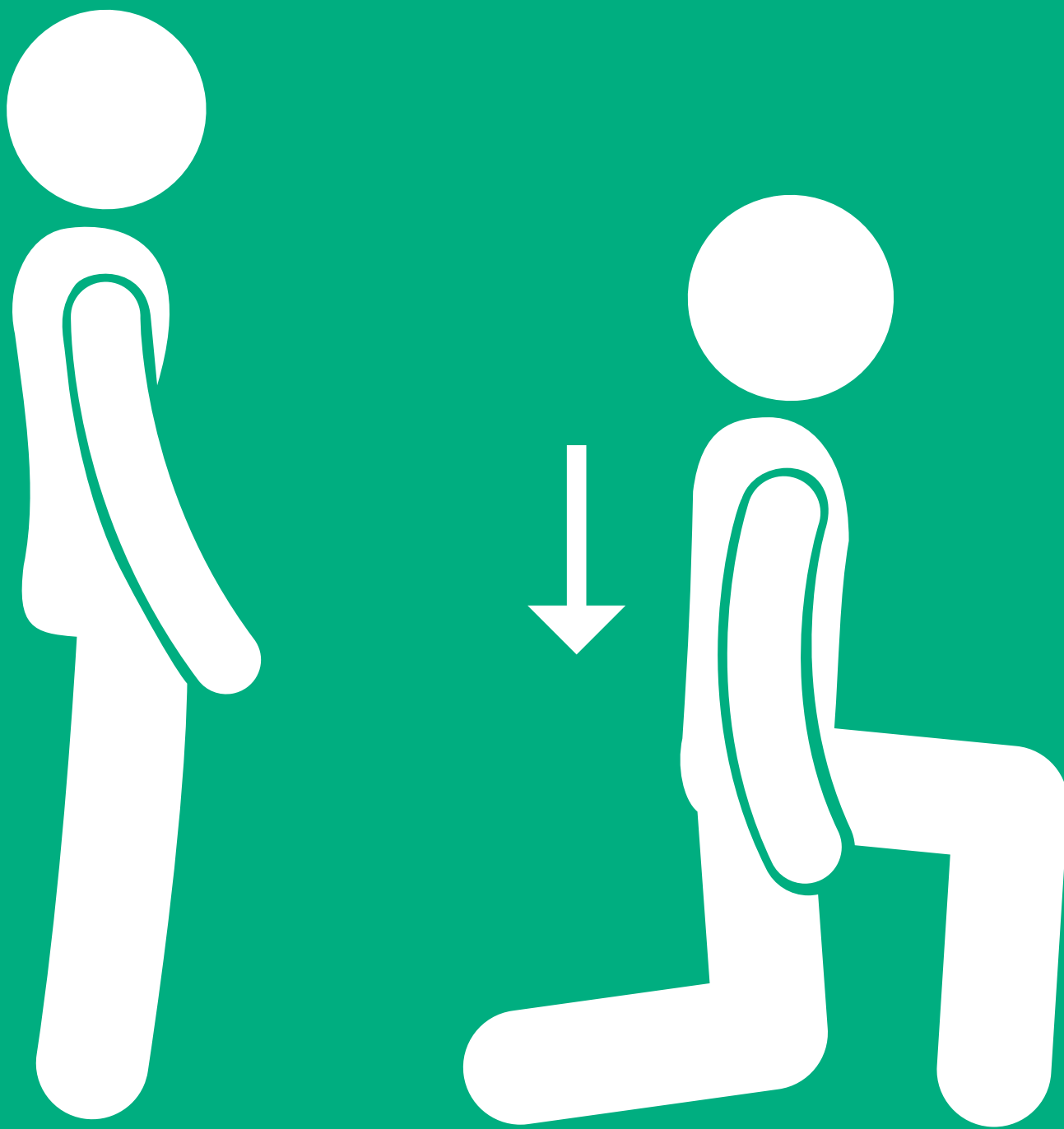
With feet hip width, kick one leg straight back, bending at waist, as far as range of motion allows. Return to standing and repeat with opposite leg.



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WALKING LUNGES

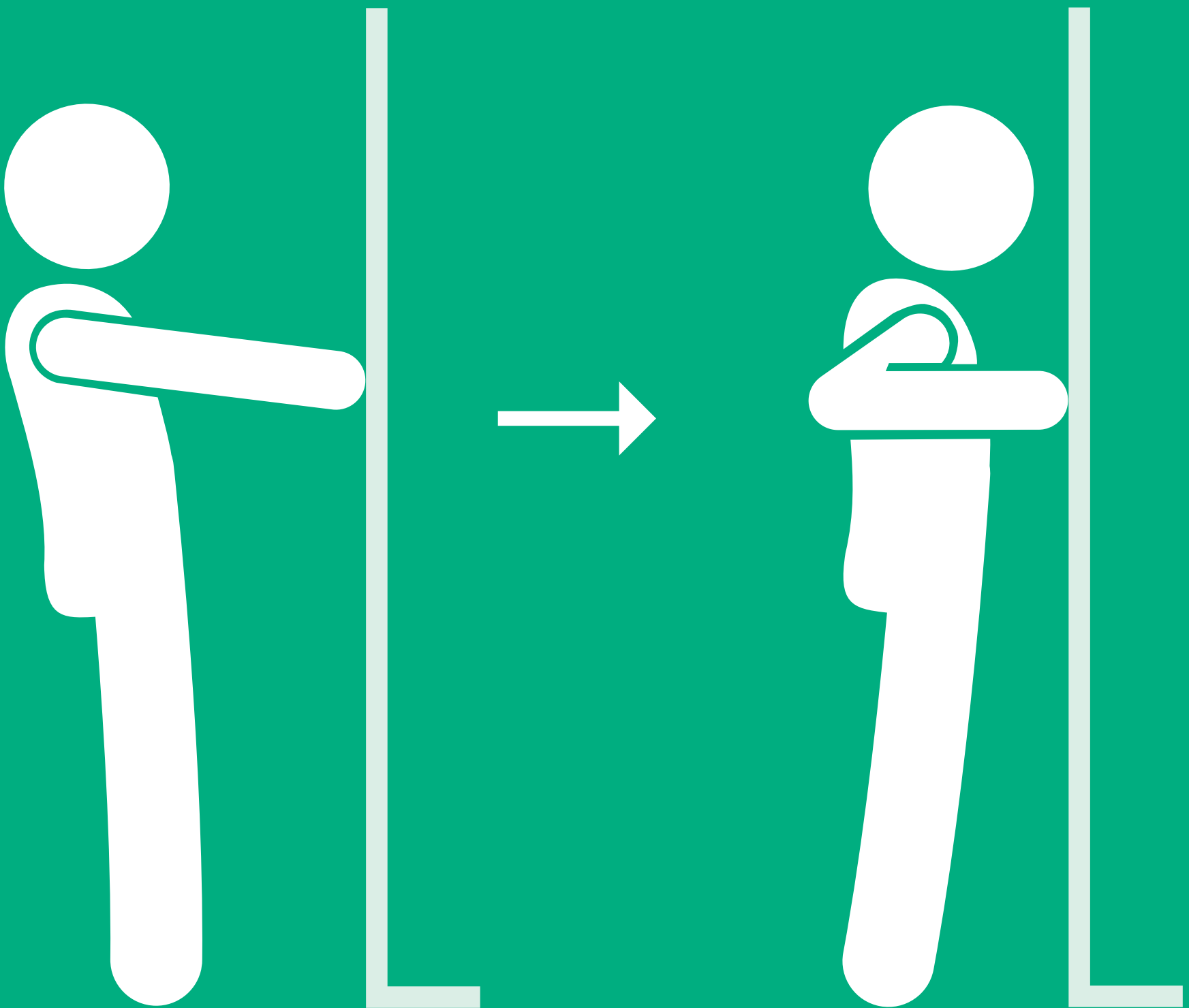
With back straight, shoulders back, and core tight, walk forward, stepping out as far as comfortable. Bend front knee, keeping knee behind toes. Step into a lunge without touching the back knee to the ground. Bring back foot up to meet the front foot and switch legs.



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FIVE FOR FIVE MUSCULAR ENDURANCE & BONE STRENGTHENING



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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FIVE FOR FIVE MUSCULAR STRENGTH



BODY WEIGHT SQUATS

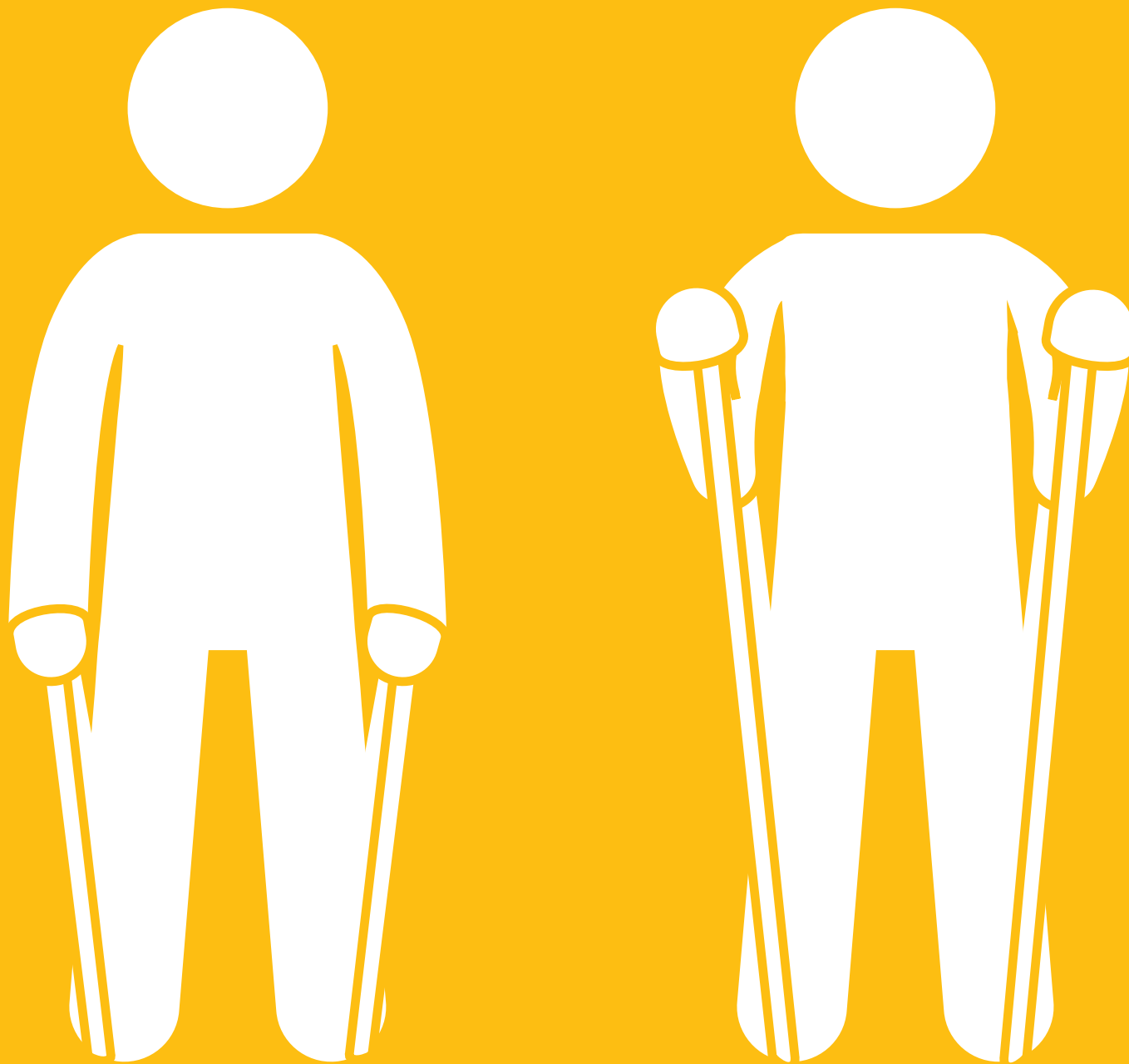
Stand upright with feet hip width or slightly wider, core tight. Use a chair or wall to help balance. Bend at knees, pointing bottom back (like sitting down in a chair) and squat until comfortable position, then return to standing. Keep chin up and eyes focused forward.



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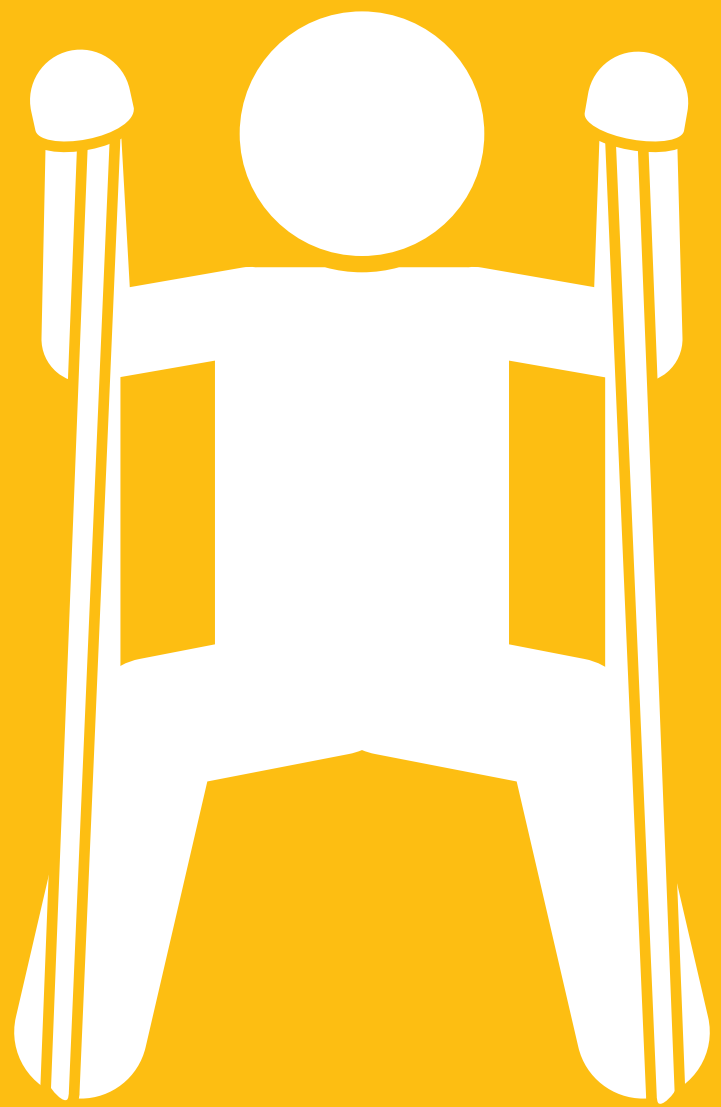
FIVE FOR FIVE MUSCULAR STRENGTH



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.

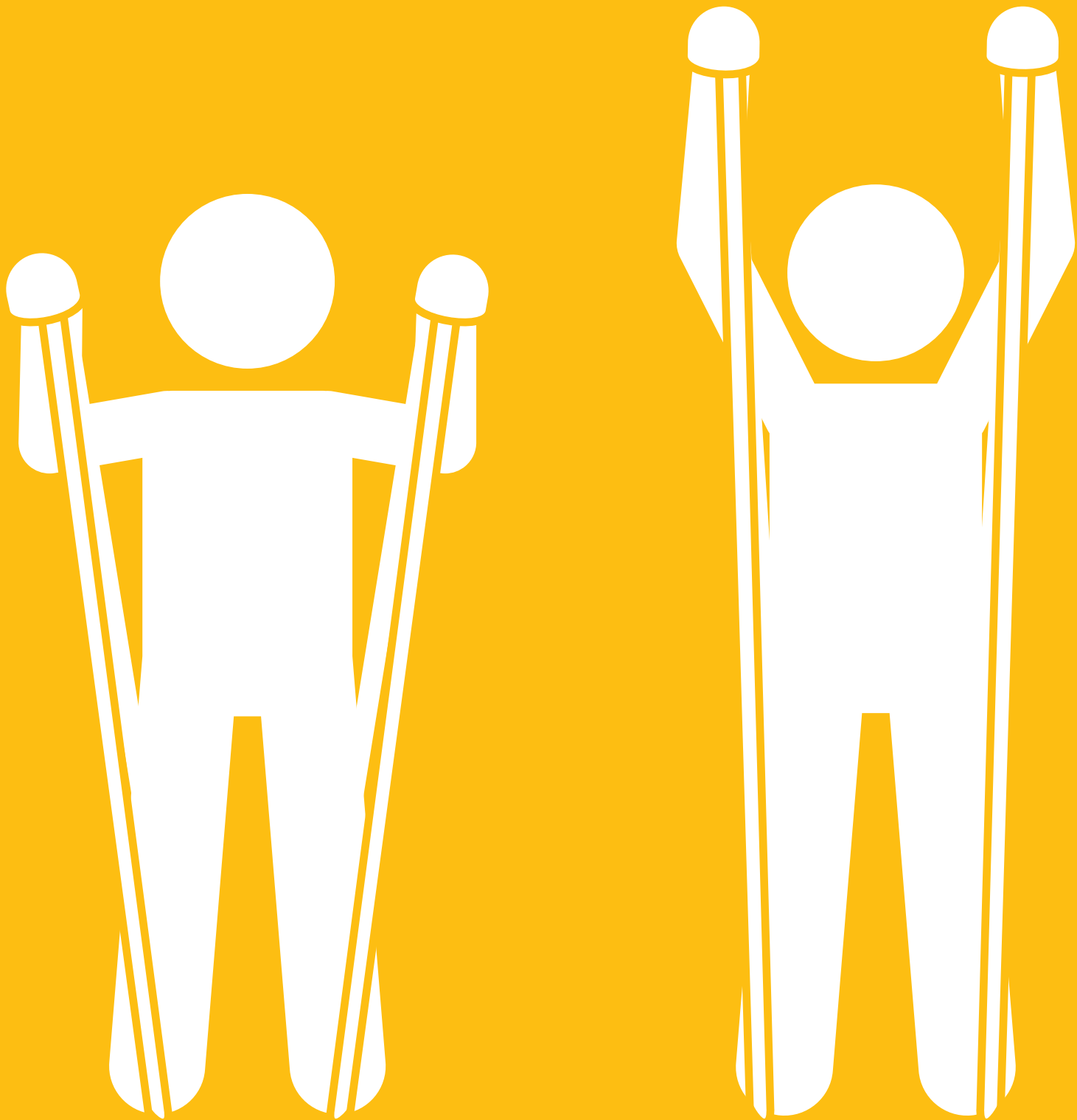
FIVE FOR FIVE MUSCULAR STRENGTH



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.

FIVE FOR FIVE MUSCULAR STRENGTH



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.

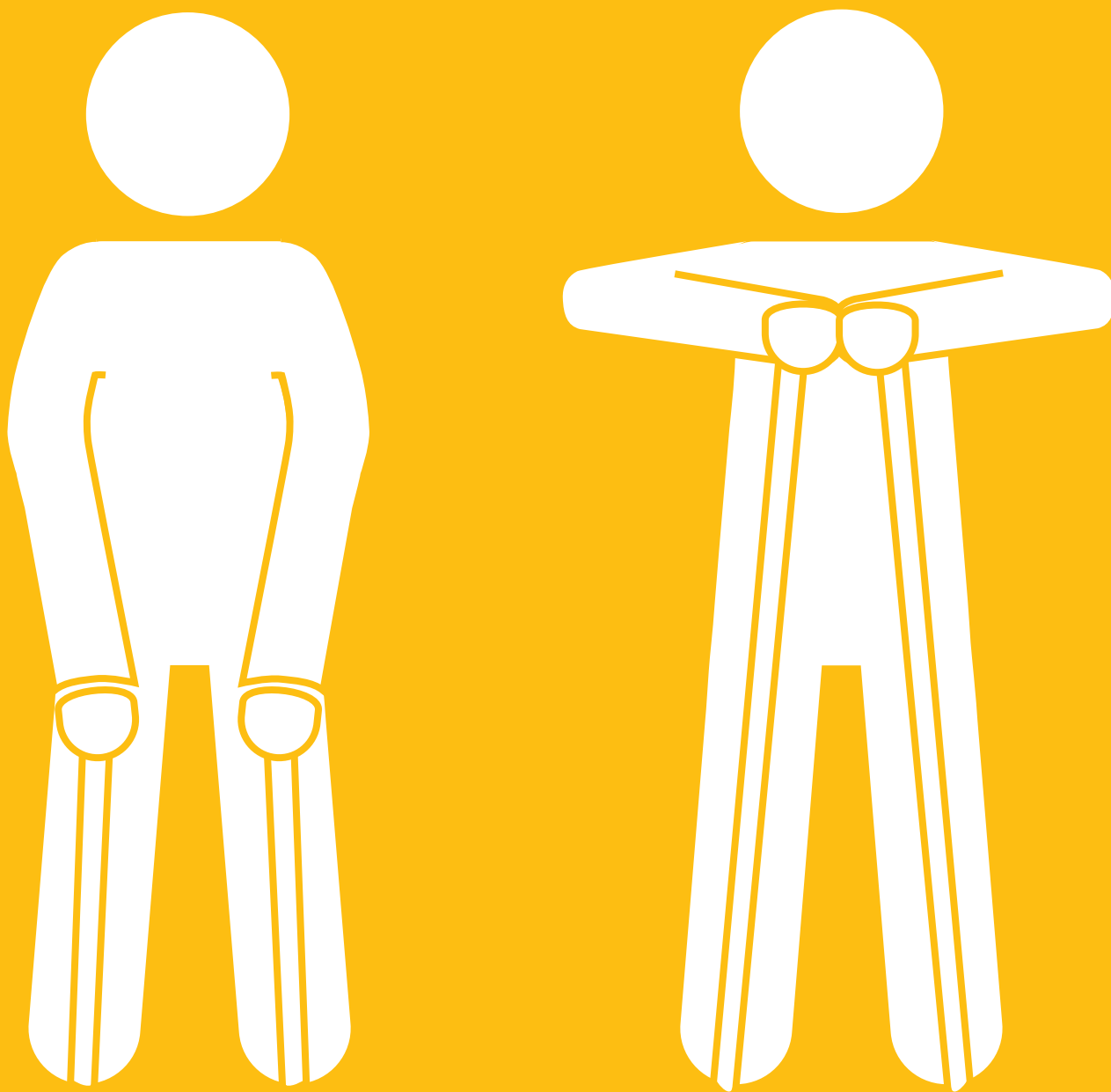
FIVE FOR FIVE MUSCULAR STRENGTH



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.

FIVE FOR FIVE MUSCULAR STRENGTH



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.

FIVE FOR FIVE MUSCULAR STRENGTH



SUMO SQUATS

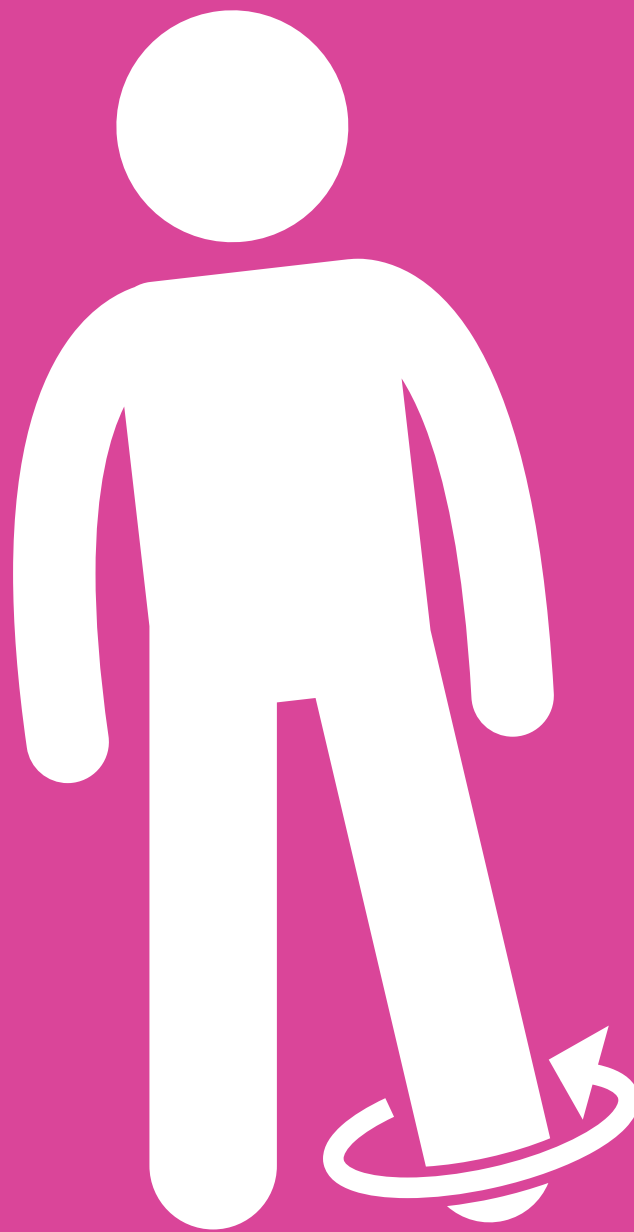
Stand with feet wider than hip width, toes pointed slightly out, hands on hips or straight out in front of shoulders. Keeping core tight, bend knees, making sure knees do not go over toes. Return to starting position. Repeat.



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FIVE FOR FIVE FLEXIBILITY & BALANCE



ANKLE CIRCLES

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

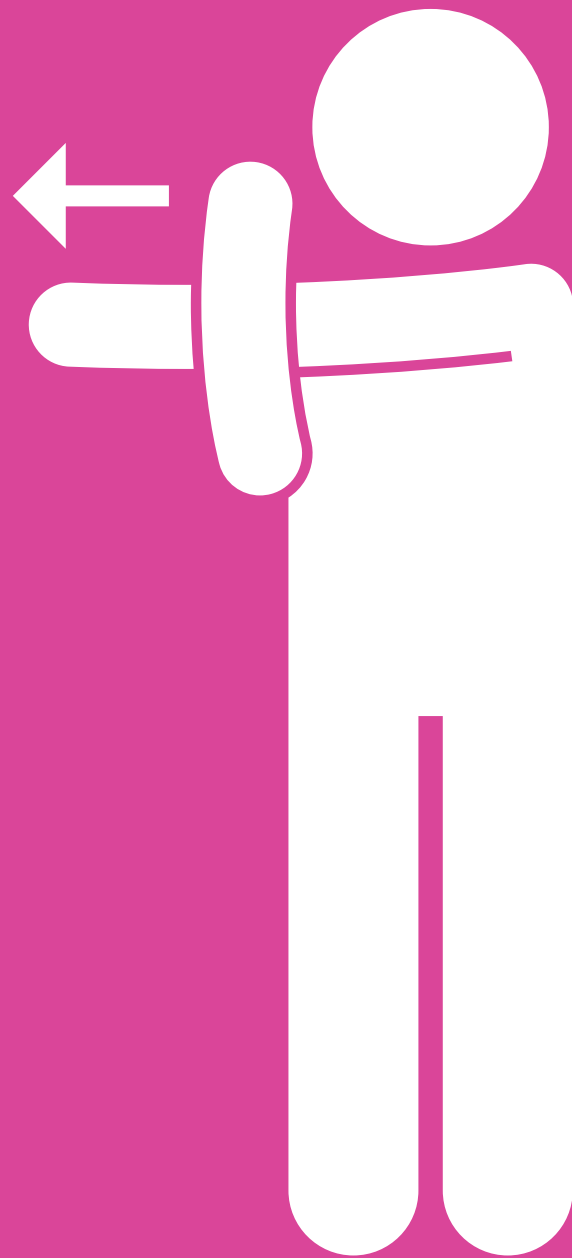
FLEXIBILITY



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FIVE FOR FIVE FLEXIBILITY & BALANCE

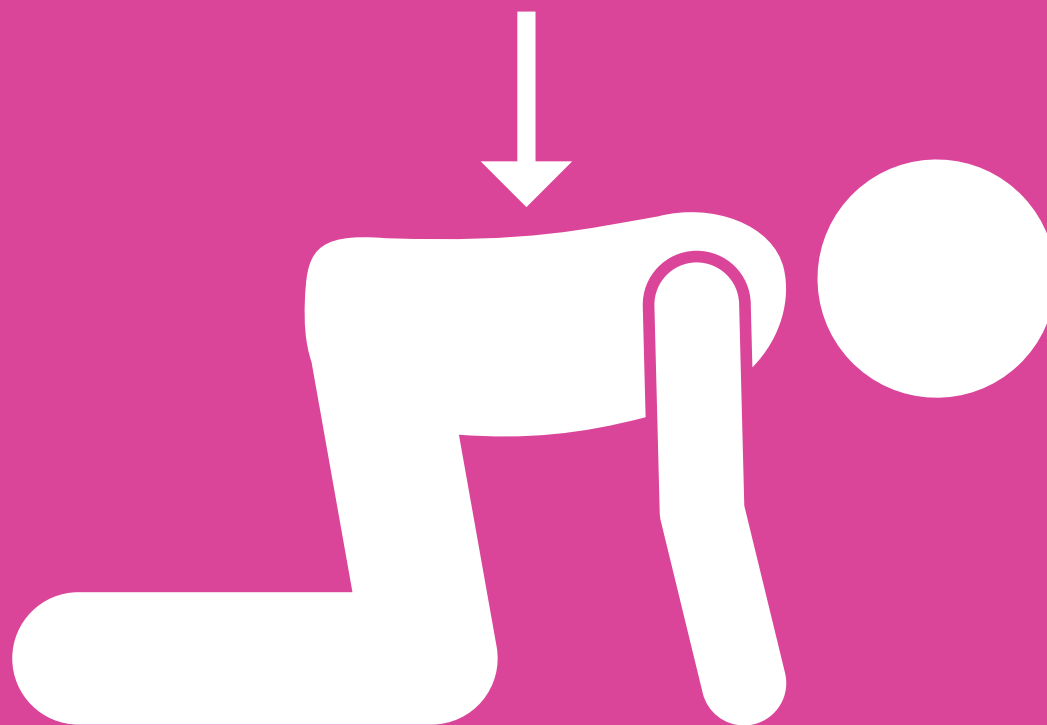
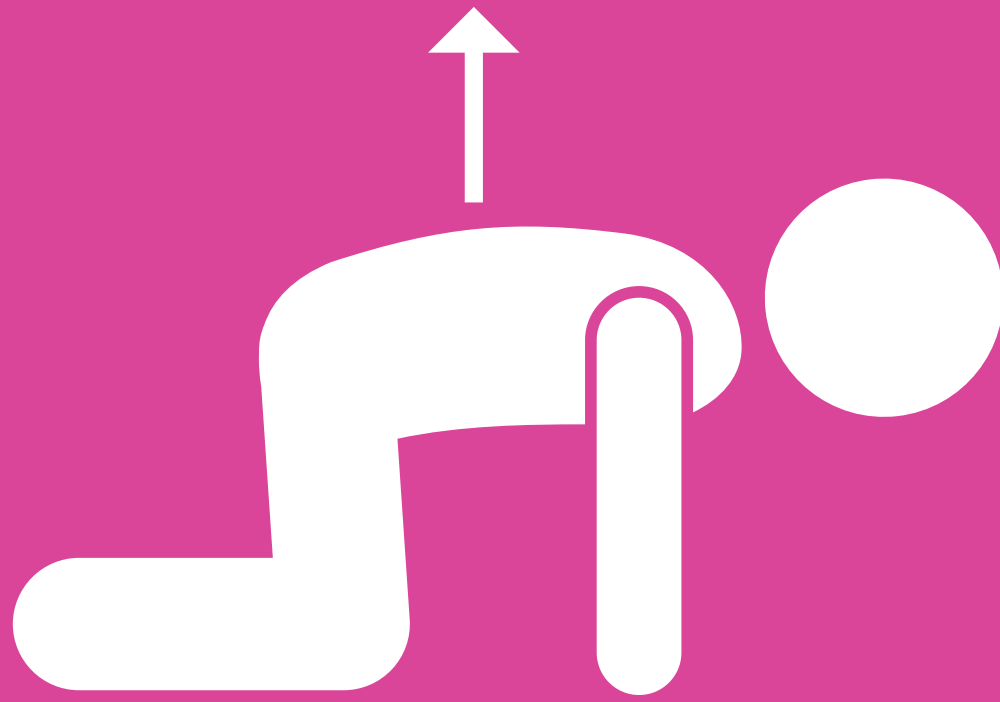


ARM ACROSS CHEST

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

FLEXIBILITY

FIVE FOR FIVE FLEXIBILITY & BALANCE



CAT-COW

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

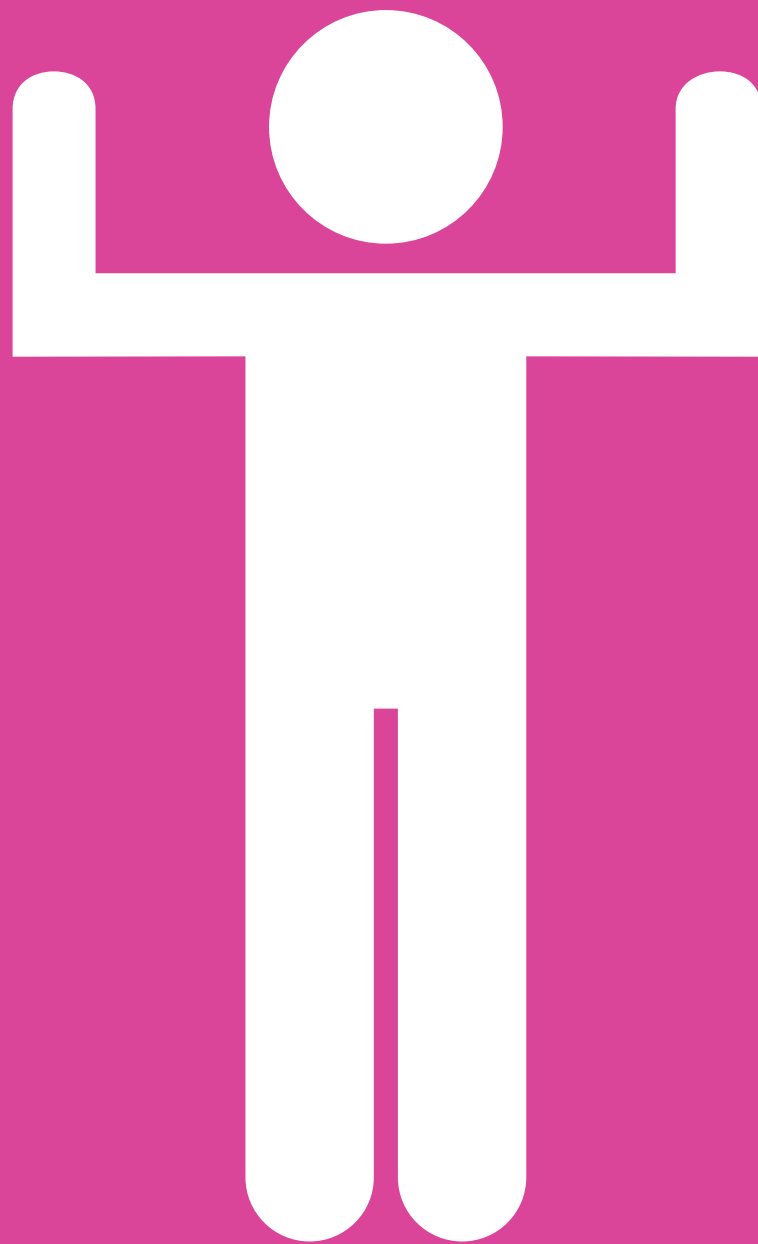
FLEXIBILITY



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GOALPOST ARMS

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

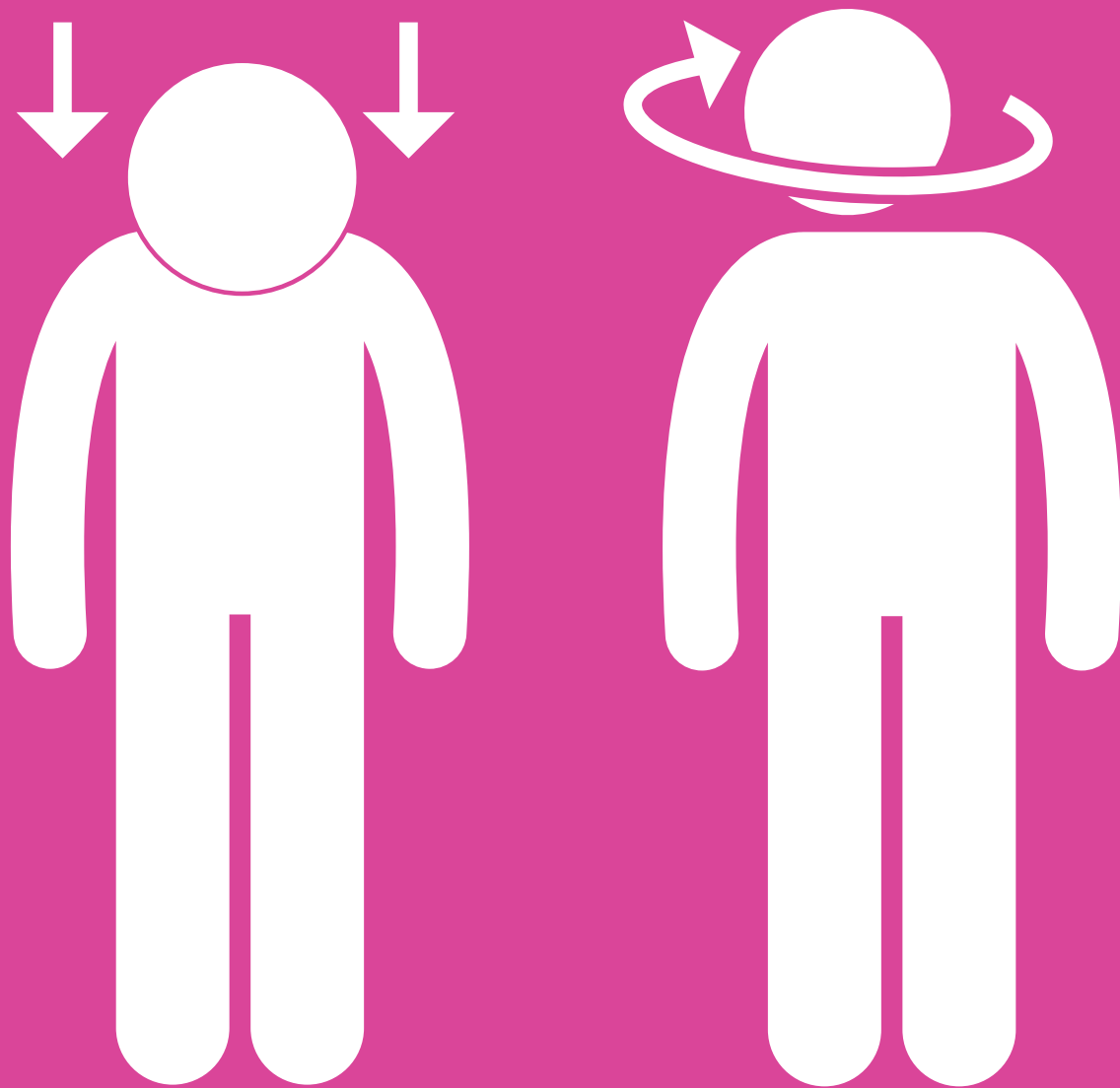
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HALF CIRCLES

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.

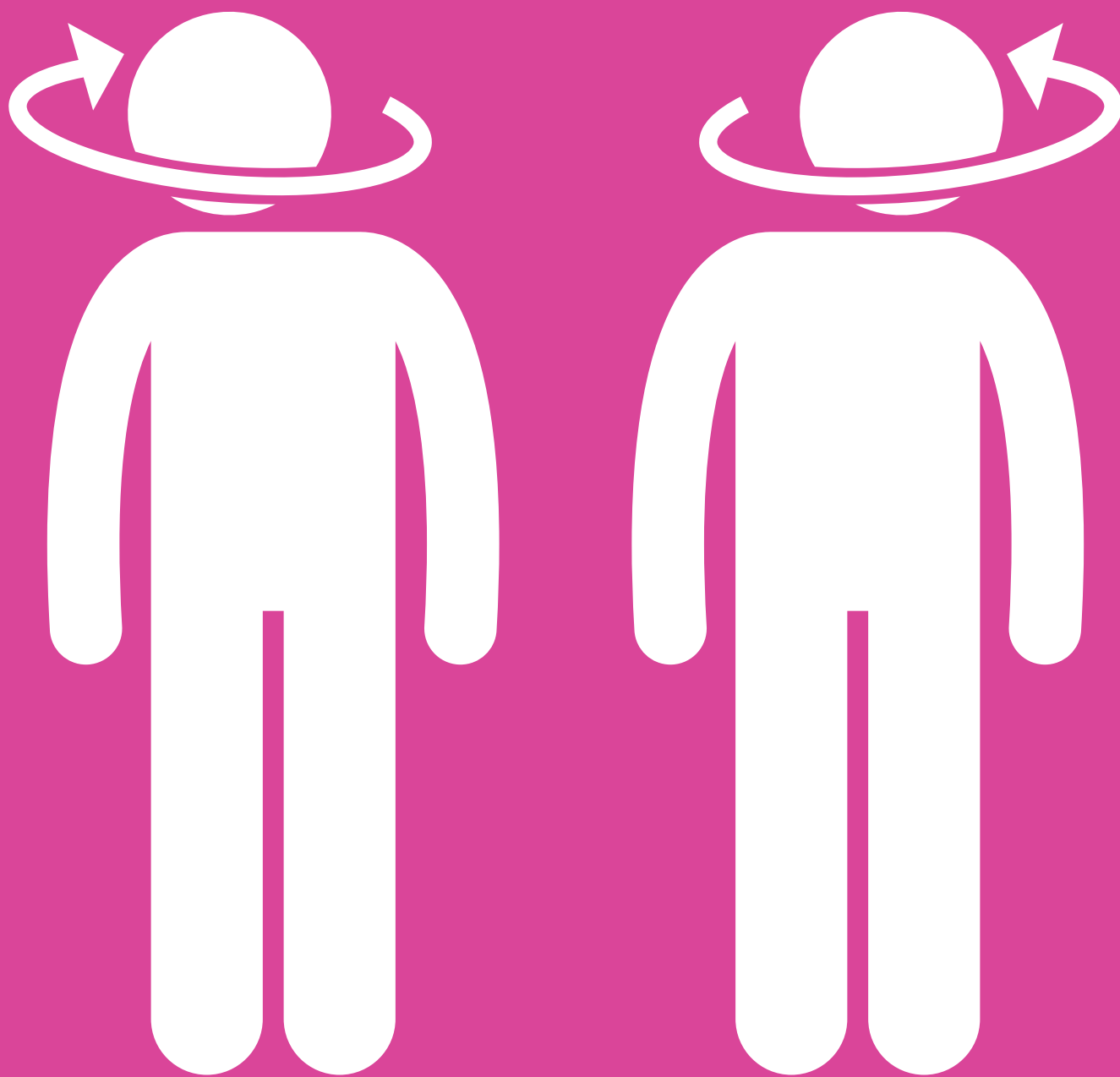
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HEAD TURN

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

FLEXIBILITY



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PAT ON THE BACK

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

FLEXIBILITY



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FIVE FOR FIVE FLEXIBILITY & BALANCE



SEATED LEG EXTENSION

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

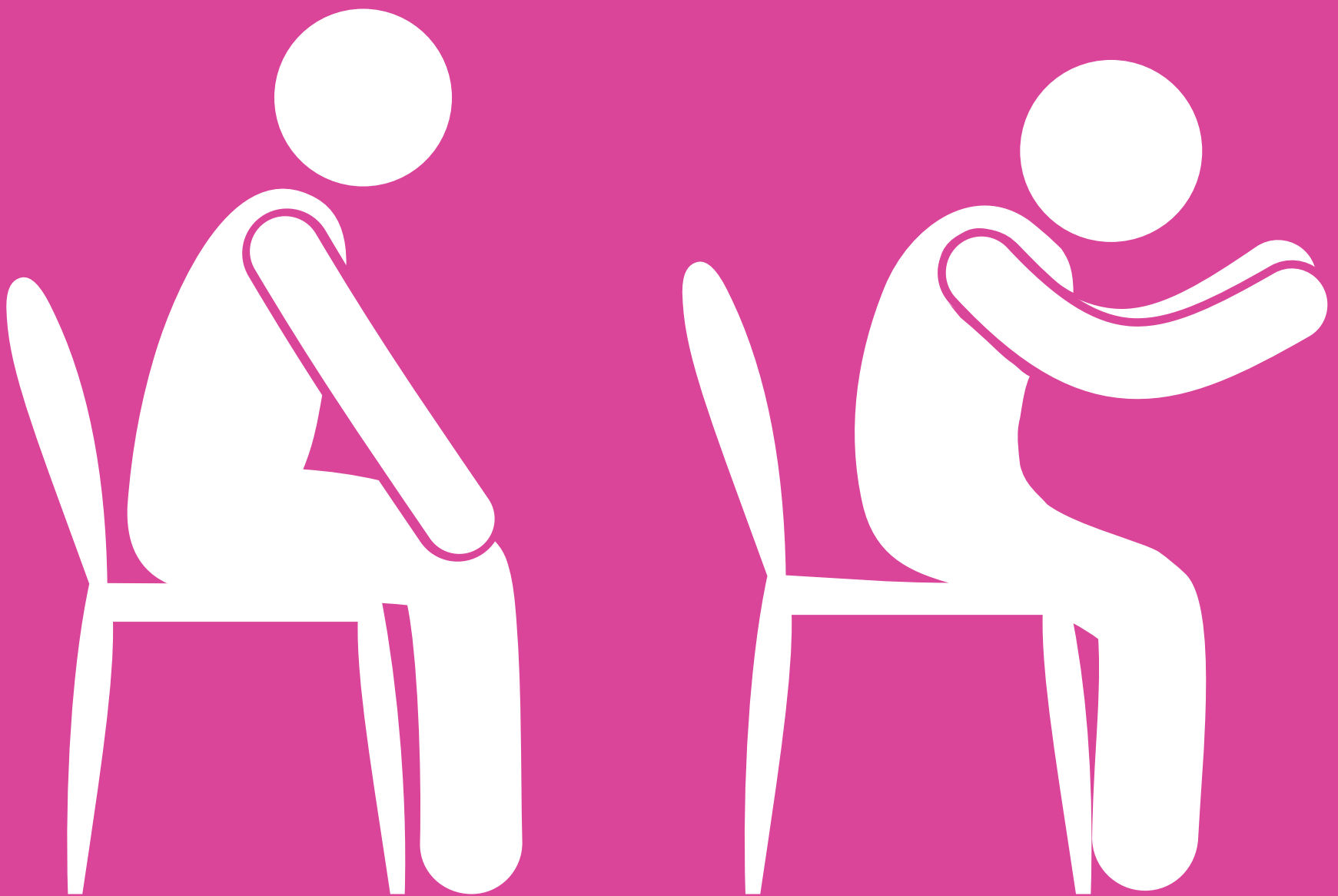
FLEXIBILITY



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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.

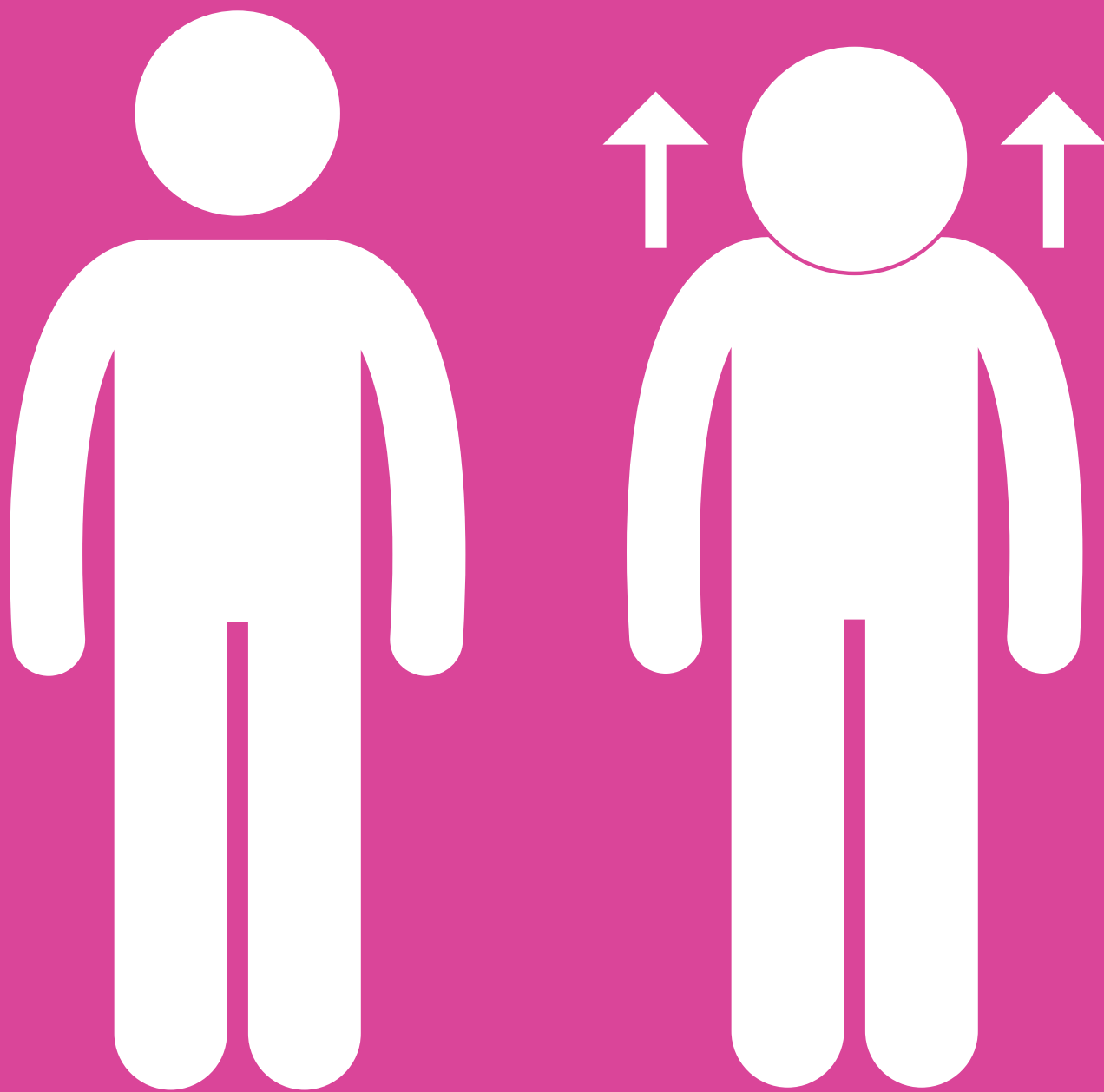
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SHOULDER SHRUGS

Slowly lift shoulders towards ears and lower. Repeat.

FLEXIBILITY



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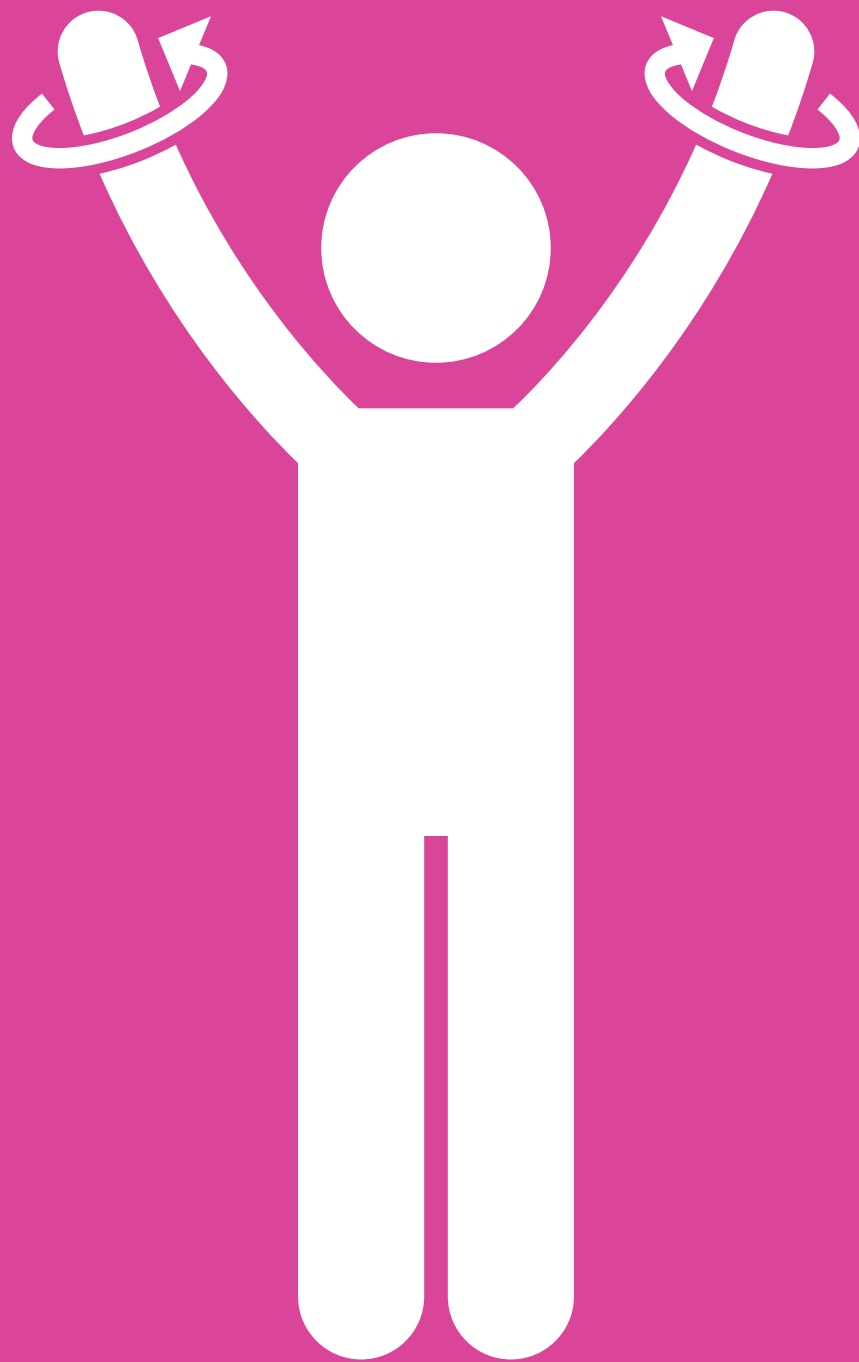


STANDING LEG EXTENSION

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

FLEXIBILITY

FIVE FOR FIVE FLEXIBILITY & BALANCE

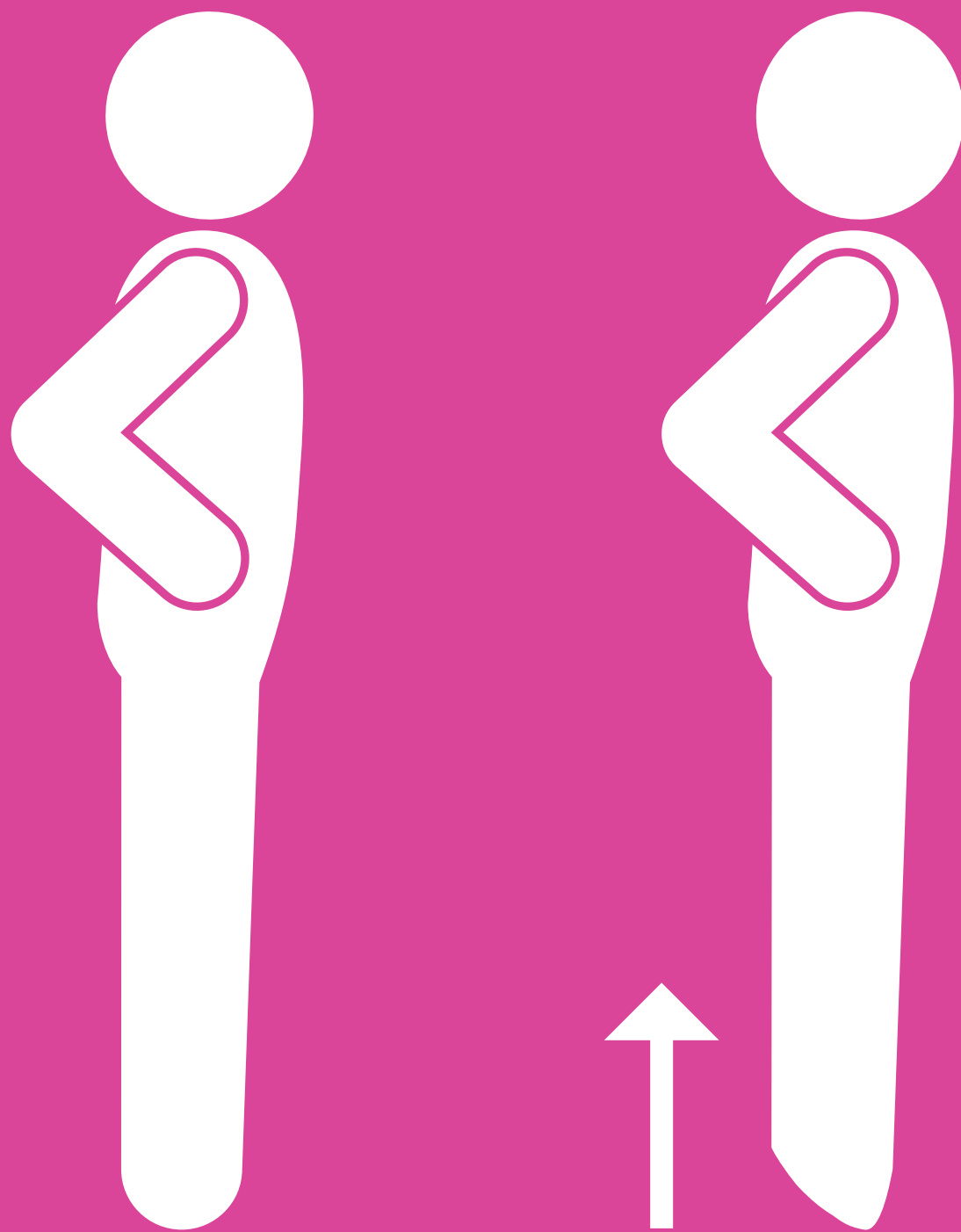


WRIST CIRCLES

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

FLEXIBILITY

FIVE FOR FIVE FLEXIBILITY & BALANCE

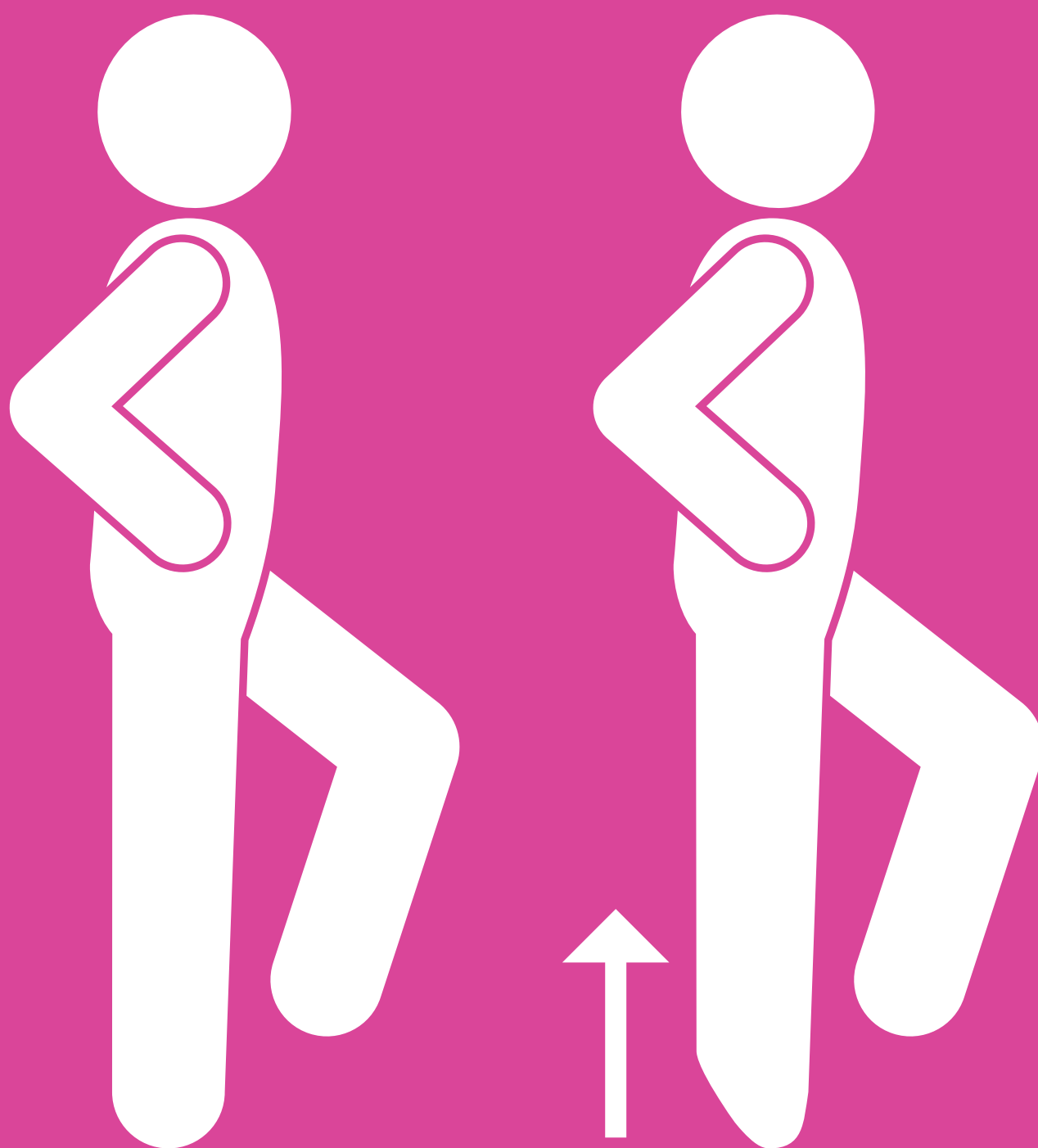


CALF RAISE

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

BALANCE

FIVE FOR FIVE FLEXIBILITY & BALANCE



CALF RAISE ON ONE LEG

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

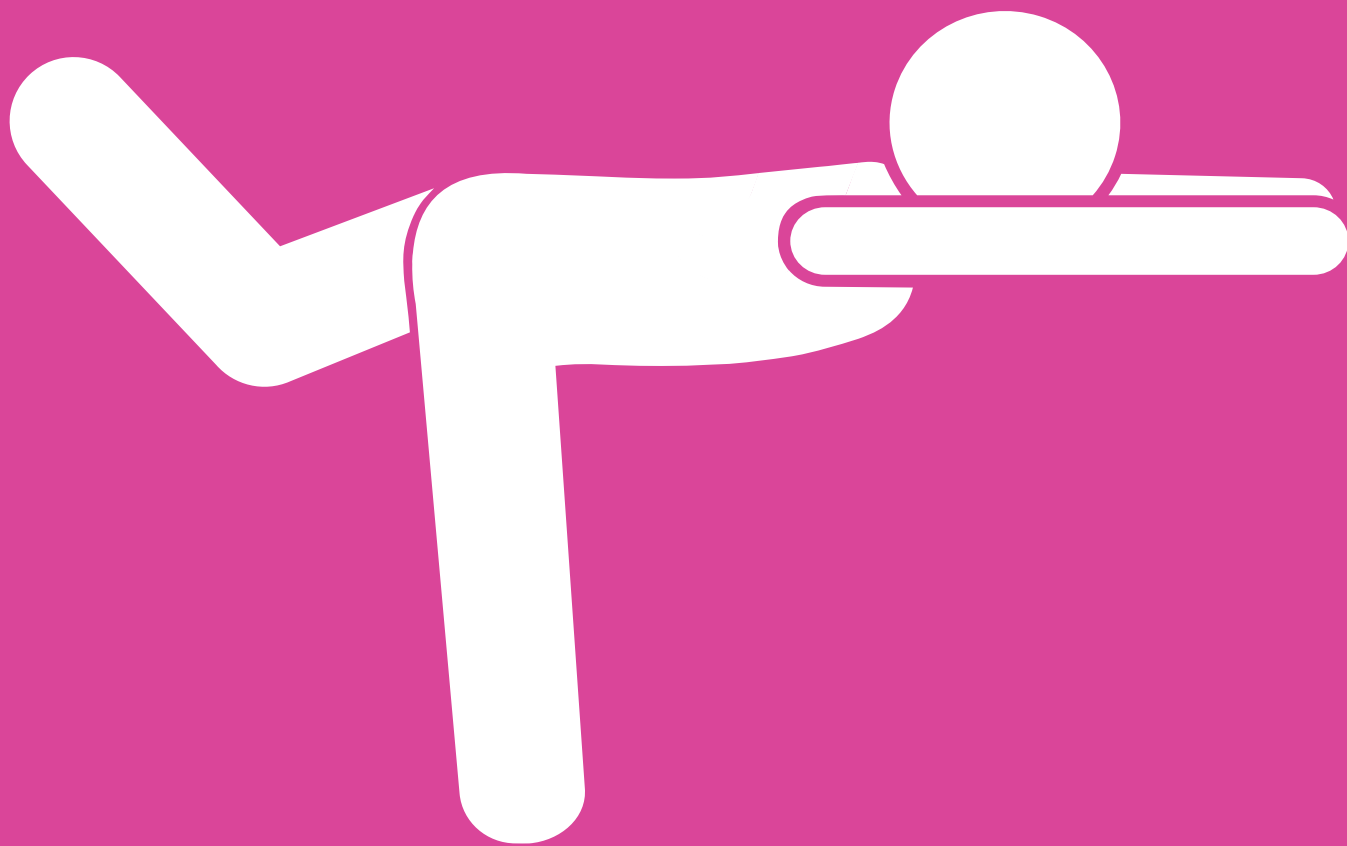
BALANCE



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FIVE FOR FIVE FLEXIBILITY & 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.

BALANCE



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FIVE FOR FIVE FLEXIBILITY & 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

FIVE FOR FIVE FLEXIBILITY & 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

FIVE FOR FIVE FLEXIBILITY & 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.

BALANCE

FIVE FOR FIVE FLEXIBILITY & 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.

BALANCE