

**Cardiovascular (CV) activities are designed to work the heart and lungs harder than normal. Participants should naturally start to feel warmer and breathe faster and harder but still always be able to hold a conversation.**

## **MARCHING IN PLACE**



- Stand tall or sit tall in a chair
- Lift feet alternately up and down off the floor in a marching action
- Keep back straight throughout
- Try not to stamp the feet, but make sure the full foot goes back down to the floor each time

## HEEL DIGS AND TOE TAPS



- Stand tall or sit up tall in the front third of the chair
- Lengthen one leg and push the heel to the floor
- Lengthen one leg and plant the toe to the floor in front
- Bend the supporting leg if standing
- Keep the moves gentle and avoid locking out the knees

## MARCH WIDE AND NARROW



- Stand tall or sit up tall in the front third of the chair
- Step each foot out wide to the side and then in to the middle again
- Keep back straight throughout
- Try not to stamp the feet, but make sure the full foot goes back down to the floor each time

## SIDE TAPS



- Stand tall or sit up tall in the front third of the chair
- Step feet alternately out to the sides of the chair, keeping knees close together but not touching
- Keep back straight throughout
- Make sure the full foot goes back down to the floor as it comes back to the middle after tapping out to the side

## HALF STARS



- Stand tall or sit up tall in the front third of the chair
- Lift legs alternately and then step out to the side of the chair
- Keep back straight throughout
- Try not to stamp the feet, but make sure the full foot goes back down to the floor each time

## KNEE LIFTS



- Stand tall or sit up tall in the front third of the chair
- Lift legs alternately up and down, lifting knees as high as is comfortable
- Keep back straight throughout
- Try not to stamp the feet, but make sure the full foot goes back down to the floor each time

## FUNKY CHICKEN ARMS



- Stand tall or sit up tall in the front third of the chair
- Keep back straight throughout
- Keeping arms bent, lift them up and out to the sides, like flapping wings
- Movement should be controlled and only lift as high as is comfortable
- Use one arm at a time if preferred

## FORWARD REACHING ARMS



- Stand tall or sit up tall in the front third of the chair
- Keep back straight throughout
- Lift both arms up and forward as if reaching for something in front of you
- Reach up as high as possible without fully straightening elbows or arching the back
- Use one arm at a time if preferred

## 'BOXING ARMS'



- Stand tall or sit up tall in the front third of the chair
- Keep back straight throughout
- Bring arms up in front of the face and make two fists
- Punch forward alternately with each arm
- Make sure elbows do not lock out

## CANOEING ARMS



- Stand tall or sit up tall in the front third of the chair
- Keep back straight throughout
- Lift arms to chest height and keep hands comfortable and close together
- Move hand and arms from side to side in a canoeing action

## STAR ARMS



- Stand tall or sit up tall in the front third of the chair (Keep back straight throughout)
- Keep arms straight, with a little bend in the elbow
- Lift both arms up and out to the side, up to shoulder height
- Use one arm at a time if preferred
- Combine with any leg move to make it harder

## BREASTSTROKE ARMS



- Stand tall or sit up tall in the front third of the chair
- Keep back straight throughout
- Lift both arms up to chest level
- Keep arms straight, with elbows slightly bent
- Breast stroke action with the arms
- Use one arm at a time if preferred
- Combine with leg moves to make harder

