



Wellness Roll-Out Activities® Packages

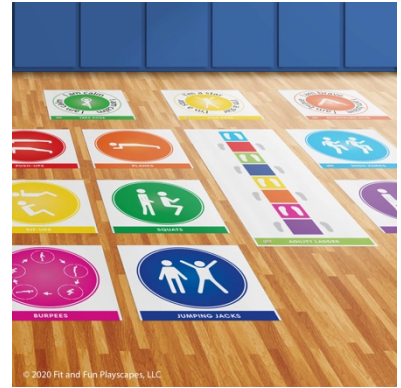
Starter Package RR 704



Premium RR 705



Deluxe RR 706



Wellness is important for many reasons, including physical and mental health. Calisthenic exercise tends to focus on one's physical fitness while yoga mainly focuses on mental health but they are both intrinsically related to each other and combining them together in one package provides a powerful impact to overall health for all ages. Practicing yoga postures helps to build strength, flexibility, and concentration.

Mindfulness and Yoga Poses: The physical practice of Yoga, called "Hatha", is non-denominational and can be enjoyed by anyone. When practicing these postures, pay attention to your breathing and see if you can hold each pose for 3-5 breaths. It is the emphasis on breathing that makes Yoga unique, helping to eliminate distractions and strengthen our focus. We have offered a sample of some of the most popular Yoga postures along with an affirmation for each one.

- **Tree Pose:** This posture strengthens the hips, thighs, and ankles, and builds balance and focus. Stand with your feet together. Pick up your right foot and place it either on your left inner shin, or for a challenge, your left inner thigh (never place the foot directly on the opposite knee). Place your palms together in front of your heart, or for more of a challenge, reach your arms overhead to make "branches" for your tree. Hold for 30 seconds if you can, and say to yourself or out loud "I am calm". Repeat with the left leg.
- **Downward Dog Pose:** This posture stretches the shoulders, hamstrings, and calf muscles, and strengthens the arms, legs, and core. Come onto hands and knees. Place your hands on the ground a little in front of your shoulders. Lift your hips and make an upside down "V" shape. Hold for 3-5 deep breaths and say to yourself or out loud "I am brave".
- **Star Pose:** The pose helps open up the chest, stretch the spine, and align the body in a way that encourages good posture. Standing tall with your arms extended helps create awareness of body alignment, making you more conscious of how you hold yourself throughout the day. Stretch your arms and legs out, reach for the sky and feel the world around you. This posture stretches upper and lower body muscles. Hold for 30 seconds if you can, and say to yourself or out loud "I am a star!".

Calisthenic Exercise: Calisthenics refers to a form of exercise that uses your body weight as resistance to build strength, endurance, flexibility, and coordination. It typically involves simple, natural movements like

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pushing, pulling, squatting, and lunging. The beauty of calisthenics is that it doesn't require specialized equipment. Calisthenics is known for its versatility, as exercises can be modified to suit various fitness levels, from beginners to advanced athletes. As you progress, you can increase the difficulty by adding more repetitions, changing angles, or advancing to more complex movements.

- **Push-ups:** Place your hands slightly wider than shoulder-width apart on the ground. Position your feet together, or about hip-width apart. Your body should form a straight line from your head to your heels (no sagging or arching your back). Begin by slowly lowering your body towards the floor, keeping your elbows at about a 45-degree angle from your body (not flaring out too wide). Keep your chest and chin moving towards the ground, not your head. Your elbows should bend and create a straight line with your wrists as you descend. Lower your chest just until it's a few inches from the floor, or as far as you comfortably can. Don't let your body collapse to the floor, maintain control the entire time. Once you've reached the bottom, press through your palms to straighten your arms and push your body back up. Keep your core engaged and avoid letting your hips drop or rise as you push up. Make sure to keep your back straight and avoid arching it. Perform the desired number of repetitions, maintaining control and good form throughout. Breathe out while pushing up and breathe in while lowering yourself. If a standard push-up is too difficult, you can modify it by doing knee push-ups. In this variation, instead of being on your toes, keep your knees on the ground while still maintaining the plank position with your body.
- **Planks:** Begin by lying flat on your stomach. Place your elbows directly under your shoulders, making sure your forearms are parallel to each other. Your palms should face down or be flat on the floor. Push off the floor with your toes and forearms to raise your body up. Your body should form a straight line from your head to your heels. Keep your back flat (avoid sagging your lower back or lifting your hips too high). Imagine pulling your belly button toward your spine. This will help keep your body stable and prevent your back from arching. Keep your head neutral, looking straight down. Avoid looking forward, as it can strain your neck. Keep your feet about hip-width apart. Your toes should be pushing into the floor, and your legs should be straight. Keep your shoulders away from your ears, not scrunched up. Stay in this position for as long as you can, aiming for at least 30 seconds when you start. Over time, try to increase the duration as your core strength improves. Don't hold your breath! Breathe steadily and evenly throughout the plank. If you can't hold the position for long at first, don't worry. Even a few seconds is a good start. You can gradually increase the time as your strength builds. If the full plank feels too challenging, you can drop your knees to the floor for a modified plank (keeping your upper body and core engaged, just with your knees on the ground).
- **Sit-ups:** Lie on your back on a flat surface, such as a mat or the floor. Bend your knees and place your feet flat on the floor, hip-width apart. Keep your knees bent at about a 90-degree angle. Cross your arms over your chest, or place your hands lightly behind your head (be careful not to pull on your neck). Slowly lift your upper body toward your thighs by engaging your abdominal muscles. Avoid using your neck or arms to pull yourself up. Focus on contracting your abs to lift yourself. Keep your elbows wide and your neck in a neutral position (don't strain it). As you lift, keep your lower back on the floor and avoid jerking your body up. Once your upper body is near your thighs, pause for a moment at the top. Lower your back down slowly and with control to the starting position (lying flat on the floor). Don't let



gravity take over. You want to control the descent with your core. Exhale as you come up. Inhale as you lower yourself back down. If traditional sit-ups are hard or uncomfortable for you, you can start with “crunches” (where you only lift your upper back off the ground).

- **Squats:** Before starting the movement, tighten your core muscles, like you’re about to get punched in the stomach. Stand with your feet shoulder-width apart or slightly wider. Keep your toes pointing forward or slightly out, depending on what feels most natural. Push your hips back, as if you’re sitting down in a chair. Bend your knees, but make sure they don't go beyond your toes. Your knees should track in the same direction as your toes (not caving inwards). Keep your weight in your heels, not on your toes. Lower your body until your thighs are parallel to the floor (or as low as you can comfortably go). You can go deeper if your flexibility allows it. To stand back up, push through your heels, not your toes. Imagine pressing the floor away with your feet. Straighten your legs and return to the standing position while keeping your chest up and core tight. Inhale as you lower yourself down. Exhale as you push back up to standing. Squats promote leg and core strength along with balance.
- **High Knees:** Stand tall with your feet about hip-width apart. Keep your arms bent at 90 degrees by your sides, or you can place your hands in front of you at about waist height (for a challenge, you can try to touch your knees to your hands as you lift them). Start by lifting your right knee toward your chest as high as possible, aiming for your knee to reach or go past hip level. As you do this, your left arm should naturally swing forward (this mimics the natural running motion). Without pausing, quickly lower your right leg back down while simultaneously lifting your left knee to your chest. Your right arm should now swing forward as your left knee rises. Continue alternating knees in a quick, rhythmic motion. Focus on maintaining a fast pace while still engaging your core and staying light on your feet. Try to keep your back straight, avoid leaning forward, and keep your posture upright as you alternate knees. Remember to breathe steadily throughout the exercise — exhale as one knee comes up and inhale as you lower it.
- **Jumping Jacks:** Stand tall with your feet together and your arms by your sides. Keep your body straight and maintain good posture. Jump up lightly, spreading your legs out wide, roughly shoulder-width apart (or a little wider). At the same time, raise your arms out to the sides, overhead, and clap your hands together or keep them apart depending on your preference. Immediately reverse the movement by jumping again, bringing your feet back together and your arms down by your sides. Try to keep your movements smooth and controlled. Continue the jumping motion, alternating between the wide leg stance with arms overhead and the starting position (feet together, arms by your sides). Maintain a steady pace and rhythm as you go. Remember to breathe steadily through the exercise — inhale as you jump out and exhale as you jump back in.
- **Lunges:** Stand up straight with your feet hip-width apart. Keep your shoulders back and your chest lifted. Take a big step forward with your right leg. As you step forward, lower your body down into a lunge position. Your front knee should be at about a 90-degree angle. The back knee should hover just above the floor (not touch it). Make sure your front knee doesn’t extend past your toes. It should be aligned with your ankle. Keep your torso upright and your core engaged. Lower your back knee toward the ground, keeping your hips square. The back leg should also bend at a 90-degree angle, with your back knee pointing down toward the floor. Push off your front foot to return to the starting position. Bring your right leg back to the original standing position, keeping control of the movement. Now, step



forward with your left leg and repeat the process. Inhale as you lower your body down into the lunge. Exhale as you push back up to standing.

- **Burpees:** Stand with your feet about shoulder-width apart and your arms by your sides. Keep your chest open and your core engaged. Bend your knees and lower your body into a squat position. Place your hands on the floor in front of you, just slightly wider than shoulder-width apart. Keep your back flat, and make sure your knees stay aligned with your toes. In one smooth motion, jump your feet back so you land in a **plank position** (like the top of a push-up). Your body should form a straight line from your head to your heels. Make sure your hands are directly beneath your shoulders, and your core is tight to prevent your hips from sagging. (In some burpee variations, you perform a push-up after reaching the plank position. Lower your chest to the floor, then push back up to the plank position. This step is optional depending on your fitness level. You can skip the push-up if you're a beginner or modify the burpee for a simpler version.) Jump your feet forward, bringing them back under your hips, as you return to the squat position. From the squat position, jump explosively into the air, reaching your arms overhead. Make sure you land softly, with your knees slightly bent to absorb the impact. Immediately go into the next burpee by squatting down and placing your hands back on the ground. When jumping back into the plank position and when jumping up, aim to land softly with a slight bend in your knees to reduce the impact on your joints.
- **Fitness Agility Ladder:** A fitness agility ladder is a great way to improve speed, coordination, and agility. Use the foot patterns on each section of the mat to guide you to the movements, aligning your feet to each pattern. You can place each foot on the patterns one foot at a time to provide easier, low-impact activity or two at a time for higher impact, vigorous physical activity. Raise and lift arms through these movements as well. As confidence builds, aim to increase speed for faster footwork but without losing control. Stay light on your feet and avoid stomping. Keep your core tight to help with balance and stability. Increase difficulty by trying crossing your midline. Agility ladders are great for improving your overall coordination, footwork, and cardiovascular fitness, so have fun and experiment with different drills!

