



# "MINDFUL MOVEMENT: BREATH AND BALANCE"

FOCUS ON YOUR BREATH AND BALANCE WITH LILY AND THE SUPERCHEFS LEADERS! AND DON'T FORGET TO YELL "TIMBERRR" IF YOU FALL OVER!

## OXYGEN

### WHAT IS OXYGEN?

- OXYGEN IS IN THE AIR WE BREATHE → IT IS A GAS .
- IT IS IMPORTANT FOR LIVING, BUT ALSO IMPORTANT FOR MOVING.
- WHEN WE BREATHE IN, OXYGEN GOES INTO OUR LUNGS, THEN INTO OUR BLOOD THAT GOES INTO THE HEART, WHICH THEN TRAVELS THROUGH OUR ENTIRE BODY TO OUR MUSCLES, SKIN, AND OTHER ORGANS.
- FOR OUR MUSCLES, WHICH ALLOW US TO MOVE OUR BODY, OXYGEN HELPS IN THE ENERGY-MAKING PROCESS.

### BREATHING & STRETCHING

- FOCUSING ON YOUR BREATHING WHILE STRETCHING HELPS YOU RELAX YOUR MIND, YOUR BODY, AND YOUR MUSCLES, WHICH HELPS YOU GET A DEEPER STRETCH .
- THIS WILL INCREASE YOUR FLEXIBILITY, WHILE ALSO ALLOWING YOU TO BE MORE MINDFUL AND PRESENT ON HOW YOU'RE FEELING.
- BREATHING AND STRETCHING ROUTINES ARE GOOD FOR YOUR PHYSICAL AND MENTAL HEALTH!

## AEROBIC ACTIVITY

### WHAT IS AEROBIC ACTIVITY?

- AEROBIC ACTIVITY IS AN ACTIVITY THAT MAINLY USES OXYGEN TO MAKE ENERGY TO FUEL YOUR MOVEMENTS/MUSCLES.
- THESE ARE USUALLY LONGER, LIGHT TO MODERATE INTENSITY ACTIVITIES, ACTIVITIES THAT CAUSE YOU TO HAVE AN INCREASED BREATHING RATE, BUT WHERE YOU ARE STILL ABLE TO MAINTAIN A CONVERSATION.

### FOR EXAMPLE:

- LIGHT ACTIVITIES: WALKING TO SCHOOL/TO THE STORE, YOGA.
- MODERATE ACTIVITIES: HIKING UP A HILL, PLAYING SOCCER, SWIMMING AT THE BEACH, RUNNING WITH YOUR DOG.

## ADDITIONAL WARRIOR POSES

### WARRIOR 1 POSE (10 SECONDS)

- SIMILAR TO A HIGH LUNGE - STEP ONE FOOT BACK, SLIGHTLY ANGLING IT OUTWARDS, BEND YOUR FRONT KNEE, AND BRING YOUR ARMS STRAIGHT UP TOWARDS THE SKY (OPTIONAL: LOOK UP).
- TIPS: KEEP A FLAT BACK AND TUCK YOUR BUM IN - YOU SHOULD FEEL A STRETCH IN YOUR HIPS. KEEP KNEE IN LINE WITH TOES (DON'T LET IT CAVE INWARDS/PRESS OUTWARDS).



### WARRIOR 2 POSE (10 SECONDS)

- SHIFT YOUR BACK FOOT BY ANGLING IT EVEN MORE OUTWARDS, IN LINE WITH THE BACK OF THE MAT (MAKING A DISCONNECTED T WITH YOUR FRONT FOOT). LOWER YOUR ARMS TO CHEST LEVEL PARALLEL TO THE GROUND WITH PALMS FACING DOWN, ONE ARM FORWARD AND ONE ARM BACK IN A STRAIGHT LINE. KEEP YOUR FRONT KNEE BENT AND LOOK FORWARD.
- TIPS: BRING YOUR SHOULDER BLADES TOGETHER, KEEP YOUR SHOULDERS ROLLED BACK AND CHEST HIGH. REACH PINKIES BACKWARDS.

### WARRIOR 3 POSE (10 SECONDS)

- SHIFT YOUR WEIGHT ONTO YOUR FRONT FOOT AND EXTEND YOUR OTHER LEG UP BEHIND YOU (AS MUCH AS YOU FEEL COMFORTABLE). BEND YOUR TORSO FORWARD AND LIFT YOUR ARMS OUT IN FRONT OF YOU TO PRETEND THAT YOU ARE GLIDING THROUGH THE WATER LIKE A SUBMARINE, OR ARMS TO THE SIDE LIKE AN AIRPLANE.
- TIPS: YOU CAN BEND YOUR FRONT KNEE MORE TO HAVE A STRONGER BASE FOR BALANCE.
- \*MODIFICATION: IF WARRIOR 3 IS TOO CHALLENGING, GO BACK TO WARRIOR 1 POSE.
- \*MODIFICATION: ADD TOE TAPS EVERY SO OFTEN WITH YOUR BACK FOOT FOR BALANCE WHEN ATTEMPTING WARRIOR 3 POSE.
- \*MODIFICATION: STAND UP STRAIGHT AND TRY BALANCING ON ONE FOOT.

