

"MINDFUL MOVEMENT: WARMING UP"



BEFORE YOU START, BE SMART! FOLLOW ALONG WITH LILY IN A WARM UP LED BY DR. GREG AND THE SUPERCHEFS LEADERS TO PREPARE YOUR MIND AND BODY FOR PHYSICAL ACTIVITY!

IMPORTANCE OF WARMING UP

- TO GET YOUR MIND AND BODY (MUSCLES AND JOINTS) READY AND WARM FOR YOUR ACTIVITY.
- HELPS TO REDUCE INJURY.
- DEPENDING ON YOUR ACTIVITY, YOU MAY END UP DOING DIFFERENT MOVEMENTS IN YOUR WARM UP.
- HELPS YOU UNDERSTAND HOW YOUR BODY IS FEELING. STIFF? SORE? TIRED? IF YOU FEEL PAIN, THAT MEANS STOP!



DYNAMIC STRETCHES

- DYNAMIC STRETCHES ARE MAINLY USED DURING THE WARM UP SESSION TO GET YOUR BODY MOVING; THEY ARE SHORTER (LESS THAN 2 SECONDS), CONTROLLED MOVEMENTS.
- DYNAMIC STRETCHES USE THE MOVEMENT YOU CREATE TO BRING YOUR JOINTS (KNEE JOINT, SHOULDER JOINT, ANKLE JOINT, ETC.) THROUGH THEIR RANGE OF MOTION (ROM) TO ACTIVATE AND STRETCH THE SURROUNDING MUSCLES.
- DEFINITION! RANGE OF MOTION (ROM) IS THE DISTANCE YOUR JOINT CAN MOVE.



EXTRA DYNAMIC STRETCH SESSION

- JOGGING IN PLACE (30 SECONDS)
- JUMPING JACKS (30 SECONDS)
- SIDE SHUFFLES ON BOTH SIDES (30 SECONDS)
- ALTERNATING QUAD STRETCH IN PLACE (HOLD 2 SECONDS EACH SIDE AND GO FOR 30 SECONDS)
- HAMSTRING SCOOPS AKA FLOOR SWEEPS (30 SECONDS)
- WALKING LUNGES (30 SECONDS)
- ALTERNATING SIDE BEND (30 SECONDS)
- ARM CIRCLES: SMALL AND BIG, FORWARD AND BACKWARD (30 SECONDS)



FLEXIBILITY CHECK-IN

- TRY TO TOUCH YOUR TOES (STANDING OR SITTING) TO GET A FEEL FOR HOW FLEXIBLE YOU ARE FEELING IN THAT MOMENT. THIS TESTS THE BACK OF YOUR LEGS/HAMSTRING FLEXIBILITY.
- TRY DOING THIS BEFORE AND AFTER A STRETCH AND ACTIVITY! WHAT DO YOU NOTICE? IS THERE A DIFFERENCE?
- TRY STRETCHING EVERY DAY FOR A WEEK. IS THERE A DIFFERENCE? SPOILER: THERE WILL BE!

