

TOOLBOX

EXERCISE WITH ITEMS AT HOME

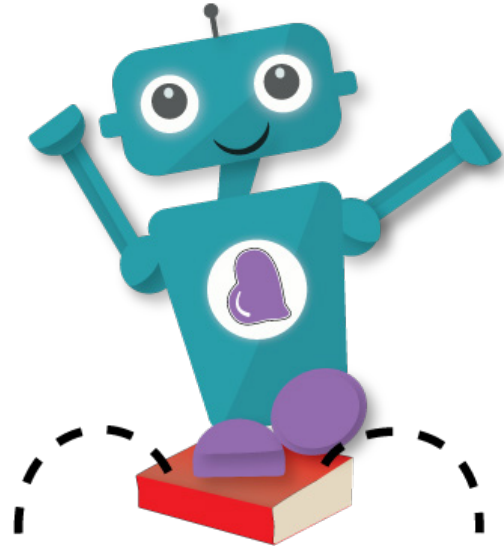
Introduction

You don't need fancy equipment or a gym membership to be physically active. Try some of Cool-E's favorite exercises using items you can find at home. The parts of the body being exercised are highlighted in purple.

Phone book Step - for legs and heart

1. Place a thick phone book on a non-slippery floor.
2. Stand with feet together on the left side of book.
3. Step up onto the book with your right foot and then your left foot.
4. Step off the book with your right foot then your left foot. Both of your feet should now be on the right side of the book.
5. To warm up, repeat at a slow pace 25 times.
6. Now step front to back 25 times.
7. Step faster doing sets of 50 alternating between side-to-side and back-to-front steps.
8. Cool down by switching back to slow steps.

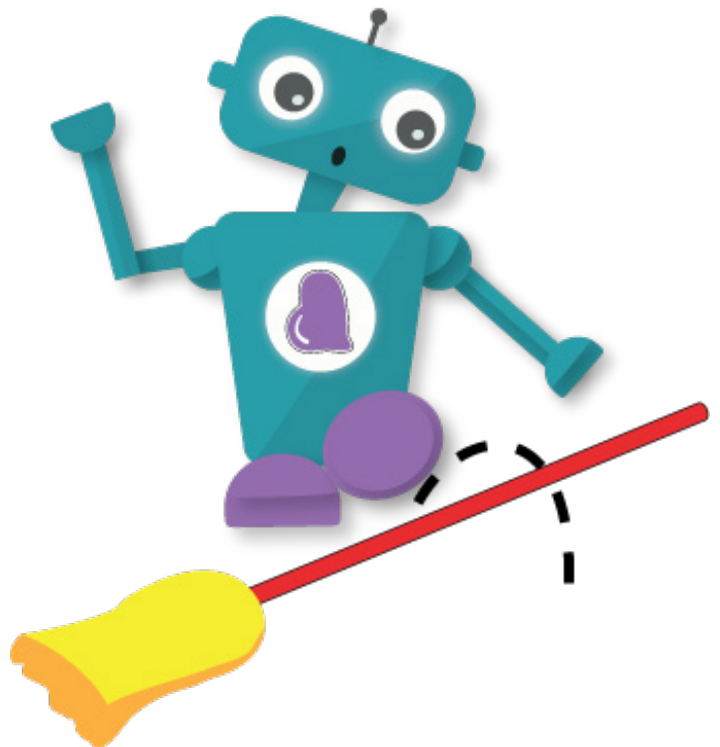
*Handy tip: If you don't have a phone book, you can use a tied bundle of newspapers or magazines. You can also use a low step stool or exercise stepper.



Broom Jump - for legs and heart

1. Place a broom or mop on the floor.
2. Stand with feet together on the left side of the broom, midway down the broomstick.
3. To warm up, step over the broomstick slowly with knees high. You should now be on the opposite side of the broom. Repeat 10 times.
4. Next, skip over the broomstick faster with one foot landing followed by the other. Repeat 50 times.
5. Finally, hop quickly over the broom with both feet landing at the same time. Repeat 50 times.
6. Cool down by skipping over the broom slowly with one foot landing followed by the other. Repeat 25 times.

*Handy tip: You can also use a mop or a yardstick if a broom is not available.



Project Heart

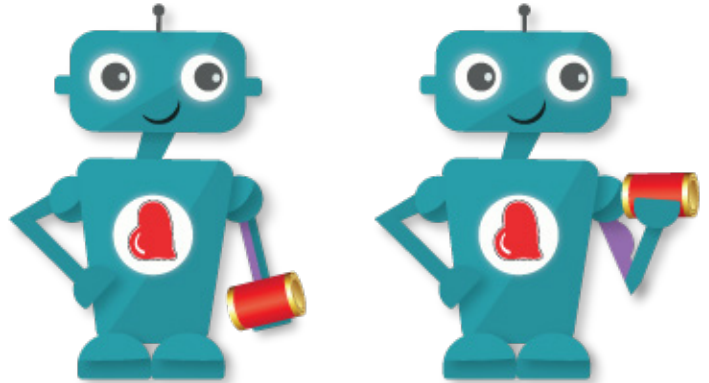
Activities for the Classroom

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Can Curls - for biceps

1. Stand tall holding an unopened canned good in your left hand.
2. Bend your arm at the elbow and curl the can towards your shoulder slowly.
3. Uncurl your arm down so it's parallel to your body.
4. Repeat 10 times on each arm.

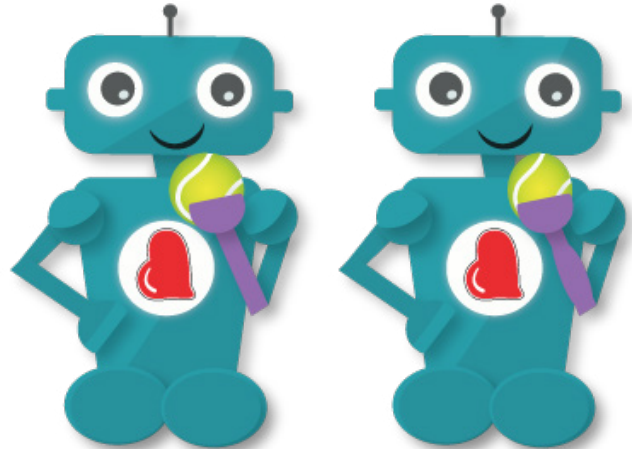
*Handy tip: Concentrate on using the right form when lifting the can, not how fast you can go.



Tennis Ball Squeeze - for forearms and hands

1. Put a tennis ball in your left palm and wrap your fingers around it.
2. Squeeze the tennis ball and hold for five seconds.
3. Relax your hand then repeat 10 times.
4. Switch hands and repeat.

*Handy tip: Many people use this exercise as a way to relieve stress.



Water Bottle Press - for triceps

1. Stand tall holding a full water bottle in your left hand.
2. Lift the bottle up to shoulder level, pause, and then continue lifting all the way up over your head.
3. When your arm is next to your ear, bend your arm at the elbow until the water bottle is behind your back.
4. Straighten your arm, lower, and repeat 10 times for each arm.

*Handy tip: Drink the water when you're finished exercising!

