

Energizers

Energizers can be used at any point during a meeting, especially when energy and attention seem to be slumping. Most can last as long as 5 minutes, depending on the training schedule. When leading energizers, always remember the goals of safety, comfort, and having fun!

Stretches and Twists

Stretching and flexing can be as important as aerobic activities. Simple stretches can help reduce body tension from sitting for long periods. They can also help refocus participants' attention and concentration on the task at hand.

- **Neck and shoulder relaxer:** Turn head to look over right shoulder. Run chin down and across the chest to look over left shoulder and return along the same path. Repeat four times. Slowly and gently roll both shoulders up, back, and down in large circles four times. Then roll both shoulders in the opposite direction (forward) four times slowly and gently.
- **Shoulder and arm stretches:** With arms at sides, gently shrug shoulders. Hold them up for the count of 10; then release slowly. Bend elbows and gently press shoulder blades together behind back for the count of 10. With

thumbs near armpits, slowly lift and lower elbows making “chicken wings” 10 times (keep shoulders level). With one arm held straight out in front, flex hand like a policeman signaling “stop.” Alternating arms, do 10 flexes on each side. Hold both arms straight in front. Make slow circles with both wrists for a count of 10. Wave to the person on right, wave to the person on left, and clap hands when done.

- **Torso twist:** Sit up tall in chair, hands on thighs. Take a deep breath in and exhale. Slowly turn body to right, placing right hand on hip and left hand on the side of thigh. Hold for 15-30 seconds. Slowly turn back to front. Lift arms up in front, straight ahead and bring fingertips together, gently pushing forward from shoulder blades. Hold for 15-30 seconds. Bring arms back down. Take a deep breath in and exhale. Slowly turn to the left side, placing left hand on hip and right hand on the outside of thigh. Hold for 15-30 seconds. Turn back to the front. Lift arms up in front,

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straight ahead and bring fingertips together, gently pushing forward from shoulder blades. Hold for 15-30 seconds. Bring arms back down. Take a deep breath in and exhale. Repeat if desired.

- **Lower body in motion:** Sit up tall in chair, feet flat on the floor. Keep seated, lift heels off the floor then put them back down. Repeat 5 times. Lift right leg out straight in front, slowly point foot (toes toward the ground) and hold for 10-15 seconds; then flex foot (toes toward the ceiling) and hold for 10-15 seconds. Rotate the ankle in a circle to the right, repeat several times; then rotate the ankle to the left several times. Switch to lifted left leg and repeat.



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