



of Greater Indianapolis

GET MOVIN' WITH GIRLS INC.!!

Ages: All ages!

Activity Description:

This activity is designed to get you up and moving with some physical activity all while having fun! Physical activity is important because it keeps you STRONG and healthy. Because you will be active, start by making sure you have enough room to move around. Take your time and take breaks between exercises when you need to. Give it your best try and have fun!

Time:

15-20 minutes

Materials Needed:

- Space to move around and be active
- Music
- Timer

Instructions:

Step 1: Make your space clear.

Step 2: Put on some comfy clothes. Grab a glass of water for breaks!

Step 3: Pick out your favorite song.

Step 4: Follow the 'Girls Inc.' exercise instructions below to get moving!

G	Get moving to your favorite song! Play it from your phone, a speaker, or singing at the top of your lungs. Dance to your favorite song for 3 minutes. Let's see your best moves!
I	Inchworm! Start standing tall then bend to touch your toes. Walk your hands out as if you were flat like a plank. Next, walk your feet up to meet your hands. Stand up straight and that counts as 1 inchworm!! Great job! Try to do at least 9 more inchworms. Make sure to take breaks if you need to. Want to see a video example? Click HERE!
R	Run in place for 30 seconds then rest for 30 seconds. Keep that energy high and go for 4 more rounds of run in place.
L	Leg Raises! You got this! Lie down on your back and stretch your legs out straight. Lift both legs straight up and lower down slowly. Do these 6 more times and be STRONG!
S	Stretch! You've been working hard, now it's time to stretch it out. Be sure to stretch your legs and arms. Click HERE to see examples of different stretches to try.

Inspiring all girls to be strong, smart, and bold

I	Invent your own exercise! Put your creativity and imagination to work and do your own exercise for one minute.... try to do it without stopping!
N	Neck Stretches. Slowly turn your neck to the right, hold for 3 seconds and then repeat on the left. Try the same motion looking straight up then down.
C	Come to a comfortable seated or lying position. Close your eyes and take 5 deep breaths.

ACTIVITY RECAP

Discovery Questions:

- While you're resting, think about how your mind and body feels. What feels different now that you've moved with Girls Inc.?
- What are some other ways you like to stay active and healthy?
- Think about your favorite exercise and show a friend or family member. Ask them to join you next time you do this activity.
- Share your best exercise moves on social media and tag us [@girlsincindy](#).