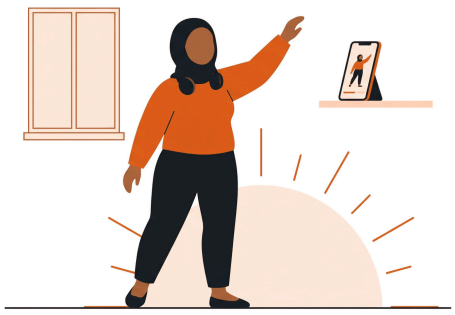
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D2.1 Toolkit for Inclusive Physical Literacy, module 5 of 10

# Digital and multimedia resources

Videos, short workouts, audio guides, talks and printable sheets, and the WhatsApp group that is coming soon.



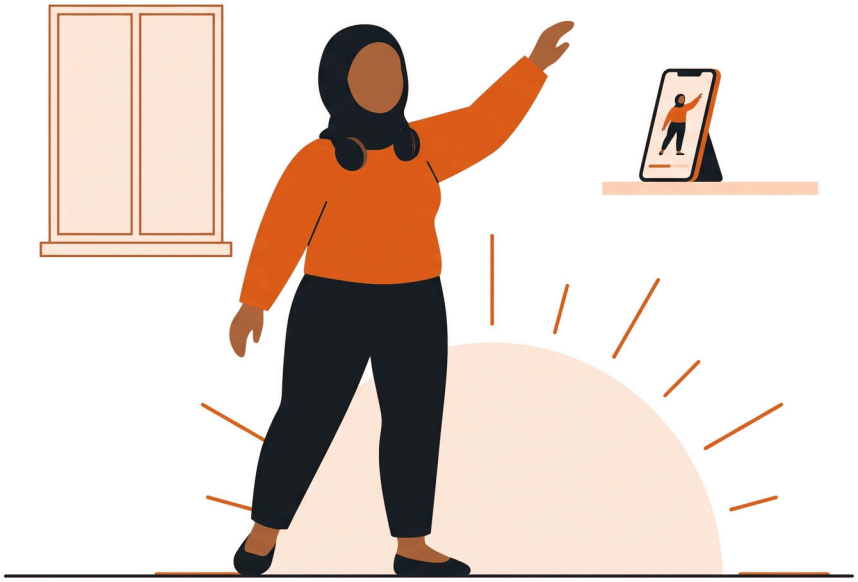

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| Project reference | 101239131 |
| Programme | Erasmus+ Sport, small-scale partnerships |
| Work package | WP2, led by MOBAD (Mobile Adventure), Poland |
| Edition | 1.0, 30 September 2026 |
| Level | Public |


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Module 5 of 10

# Digital and multimedia resources

Videos, short workouts, audio guides, talks and printable sheets, and the WhatsApp group that is coming soon.

In this module


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Read or listen on your phone

Some people like to read. Others like to watch or listen. This module lists the videos, audio and printable sheets in this toolkit.

It also tells you about the WhatsApp group that is coming soon.

# 1 Video demonstrations

Short videos show the exercises step by step. A voice describes each movement, so you can also just listen. Every video has subtitles.

The women in the videos are drawings, not photos. They are women of different backgrounds, ages and body shapes, in different clothes. In the warm-up, cool-down and morning wake-up, one woman sits and one stands, so you can see both ways.



Video, about 5 minutes

### Warm-up routine

A gentle 5-minute warm-up you can do sitting or standing, with a voice that talks you through each move.

vitality.sports4.eu/toolkit/listen/warm-up-routine



Video, about 5 minutes

### Cool-down routine

A gentle 5-minute cool-down to slow down after you move, with stretches you can do sitting or standing.

vitality.sports4.eu/toolkit/listen/cool-down-routine



Video, about 5 minutes

### Gentle stretching

Six gentle stretches for your neck, back, chest, sides and legs, most of them done sitting on a chair.

vitality.sports4.eu/toolkit/listen/stretching



Video, about 4 minutes

### Simple strength

Four simple strength exercises with a chair, a wall and two bottles of water.

vitality.sports4.eu/toolkit/listen/strength

Video, about 3 minutes

### Balance

Three balance exercises you do next to a wall, so you can always hold on.

vitality.sports4.eu/toolkit/listen/balance

## 2 Micro-workouts

Micro-workouts are short videos of 1 to 2 minutes, for a quick break at any time of day. They are short versions of the exercise cards. You can watch them here and share them with friends.

Video, about 2 minutes

### Morning wake-up

Two minutes of easy moves to start the day, sitting or standing.

vitality.sports4.eu/toolkit/listen/morning-wake-up

Video, about 2 minutes

### Seated break

A two-minute break you can do sitting on a chair, at home or at work.

vitality.sports4.eu/toolkit/listen/seated-break

Video, about 2 minutes

### Strength in two minutes

Two simple strength exercises in two minutes, with a chair and a wall.

vitality.sports4.eu/toolkit/listen/strength-in-two

Video, about 1 minute

### One-minute pause

A one-minute pause to notice how you feel and come back to the moment.

vitality.sports4.eu/toolkit/listen/one-minute-calm

# 3 Audio guides and podcasts

If you prefer to listen, these guides and short talks are for you. You can listen here or download them. Each one also has a written version.

## Exercise instructions

These videos can also be downloaded as sound only:

Video, about 5 minutes

### Warm-up routine

A gentle 5-minute warm-up you can do sitting or standing, with a voice that talks you through each move.

vitality.sports4.eu/toolkit/listen/warm-up-routine

Video, about 5 minutes

### Cool-down routine

A gentle 5-minute cool-down to slow down after you move, with stretches you can do sitting or standing.

vitality.sports4.eu/toolkit/listen/cool-down-routine

Video, about 5 minutes

### Gentle stretching

Six gentle stretches for your neck, back, chest, sides and legs, most of them done sitting on a chair.

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Video, about 4 minutes

### Simple strength

Four simple strength exercises with a chair, a wall and two bottles of water.

vitality.sports4.eu/toolkit/listen/strength

Video, about 3 minutes

### Balance

Three balance exercises you do next to a wall, so you can always hold on.

vitality.sports4.eu/toolkit/listen/balance

## Calm and mindfulness

Audio guide, about 5 minutes

### Calm breathing

A gentle breathing exercise you can do sitting, standing or lying down, to help you feel calmer.

vitality.sports4.eu/toolkit/listen/calm-breathing



Audio guide, about 1 minute

### One-minute pause

A one-minute break to notice how you feel, feel the floor under you and come back to the moment.

vitality.sports4.eu/toolkit/listen/one-minute-pause

## Short talks



Talk, about 2 minutes

### Start small

A short talk about how to start moving when you have not been active for a long time.

vitality.sports4.eu/toolkit/listen/start-small



Talk, about 2 minutes

### When life gets in the way

A short talk about what to do when you stop moving for a while, and how to start again.

vitality.sports4.eu/toolkit/listen/when-life-gets-in-the-way



Talk, about 2 minutes

### Moving together

A short talk about moving with other women, with the words of two women from other projects.

vitality.sports4.eu/toolkit/listen/moving-together

# 4 Printable materials

You can print this toolkit at home, at a library or at a community centre. All the files are on the downloads page (vitality.sports4.eu/toolkit/downloads).

You can print:

- the whole toolkit
- the forms, such as My starting point, My goals and My week
- the exercise cards
- the facilitator guide, for women who run a group

The forms work on paper too. You keep your own sheets. Only the feedback form is ever sent to us, and only if you choose to.

# 5 WhatsApp support groups

Coming soon: a VITALITY WhatsApp group for women who use this toolkit.

The group will send a short message each day with one small idea. In the group, you will be able to share what you did and encourage each other. You can also take part just by reading.

Before you join, read how to join a group safely (vitality.sports4.eu/toolkit/community/#online-communities). In most WhatsApp groups, everyone can see your phone number.

## A week in the group

These are examples of the daily messages:

- Monday: Today's idea is a 5-minute walk. Tell us if you did it, or just read.
- Tuesday: Try the warm-up (vitality.sports4.eu/toolkit/movement/#warm-up-cool-down) today. It takes 5 minutes.
- Wednesday: How is your energy today: low, medium or high? You do not have to answer.
- Thursday: Strength day. Try sit to stand (vitality.sports4.eu/toolkit/exercises/sit-to-stand), 5 times. Put your chair against a wall first.
- Friday: Dance to one song you love. Read how to keep a dance gentle (vitality.sports4.eu/toolkit/movement/#cultural-movement).
- Saturday: Walk with a friend, a neighbour or someone at home.
- Sunday: Rest day. Look back at your week. What went well?

VITALITY

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# Toolkit for Inclusive Physical Literacy

Simple ways for women to move more, at home and together

## Open the toolkit on your phone

vitality.sports4.eu/toolkit

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| Deliverable | D2.1 Toolkit for Inclusive Physical Literacy |
| Project | VITALITY: Strengthening Disadvantaged Women's Health and Resilience via Culturally Adapted Physical Activity Toolkit |
| Project reference | 101239131 |
| Edition | 1.0, 30 September 2026 |
| Website | vitality.sports4.eu |

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