Step 1 of 9 15 minutes

Welcome to VITALITY

Hoş geldiniz Witamy Ласкаво просимо Velkommen

Take some tea or water and make yourself comfortable.

1. Fill in the consent form on the table
2. Every move today has an easier way



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Let's start with a short film



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Move with the screen

Smaller moves are fine, and so is sitting.

Movement and exercise

Morning wake-up



Play video

1. **Morning wake-up**
   About 2 minutes
2. **Simple strength**
   About 4 minutes
3. **Balance**
   About 3 minutes

Between videos: a sip of water and a minute to rest.

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The card game

Draw a card, show it, lead it.

Draw a card

Everyone does it together

4 cards left in the deck

Show the sitting way

Groups of three or four. Then the next woman draws.

March on the spot

A gentle start that gets your body ready to move.



1. Stand tall with your feet a little apart. Or sit near the front of a chair.
2. Stay in one place. Lift one foot off the floor, then put it down.
3. Now lift the other foot. Keep going at a steady, easy pace.
4. Swing your arms gently as you march.

Easier: Lift your feet only a little. Hold a wall or chair if you need to.

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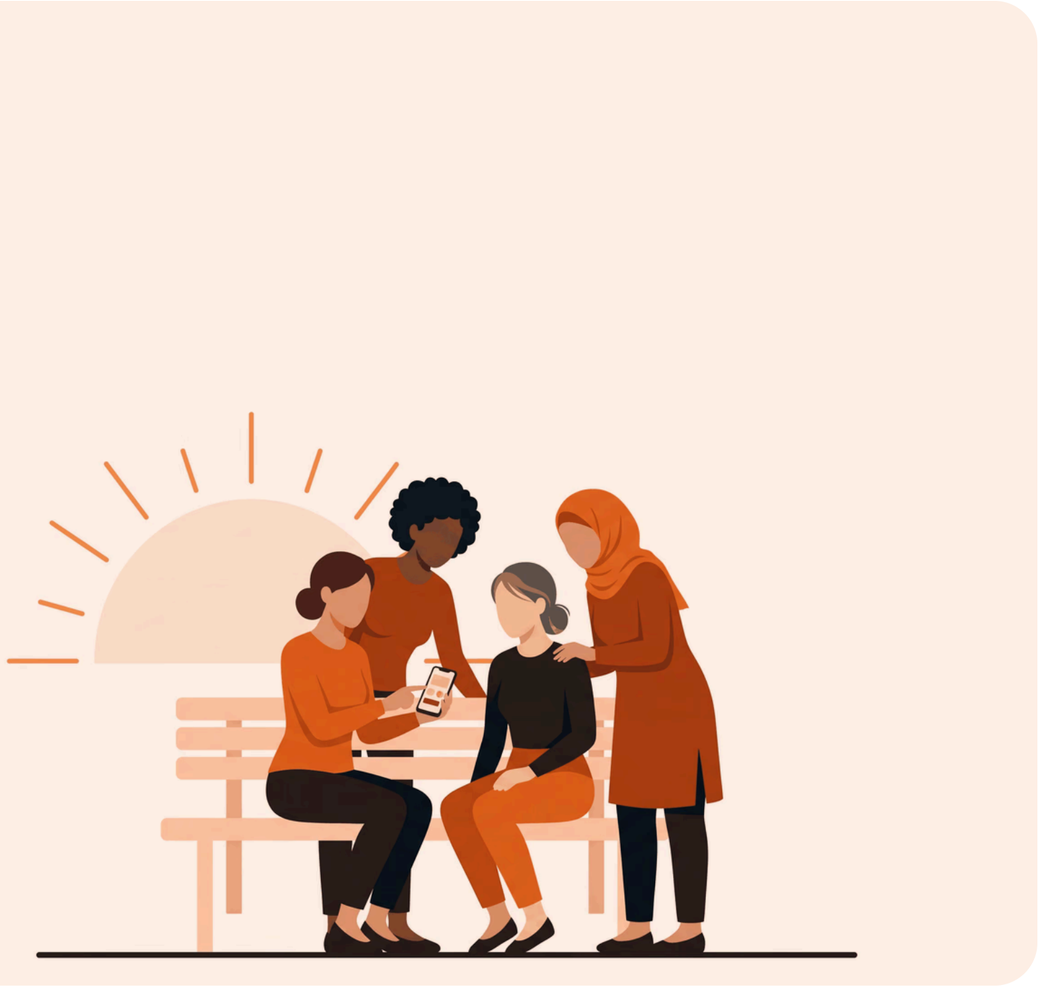
Step 5 of 9 15 minutes

Tea and a story

Sit back with your tea. A two-minute talk from the toolkit about moving with other women.

Then a question for everyone

What movement or dance did you love when you were young?



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Step 6 of 9 15 minutes

Walk together

Outside if the weather allows, or around the hall.

1. Walk in pairs
2. Keep a pace where you can still talk
3. Then the procession walk, in a line, to music



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Step 7 of 9 10 minutes

Calm down

Gentle stretches, standing or sitting.
Then a calm breathing guide.

1. Move slowly and gently
2. Close your eyes if you like
3. Breathe slowly and let your shoulders drop



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Step 8 of 9 15 minutes

Take it home

Phones out. The whole toolkit is free and needs no account.

1. Scan the code and choose your language at the top
2. Pick two moments a week, ten minutes each
3. Join the group chat if you said yes on the form



vitality.sports4.eu/toolkit

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Step 9 of 9 5 minutes

Thank you for moving together

One word each: how do you feel now?

1. A short feedback form before you go
2. Keep going at home: twice a week, ten minutes



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