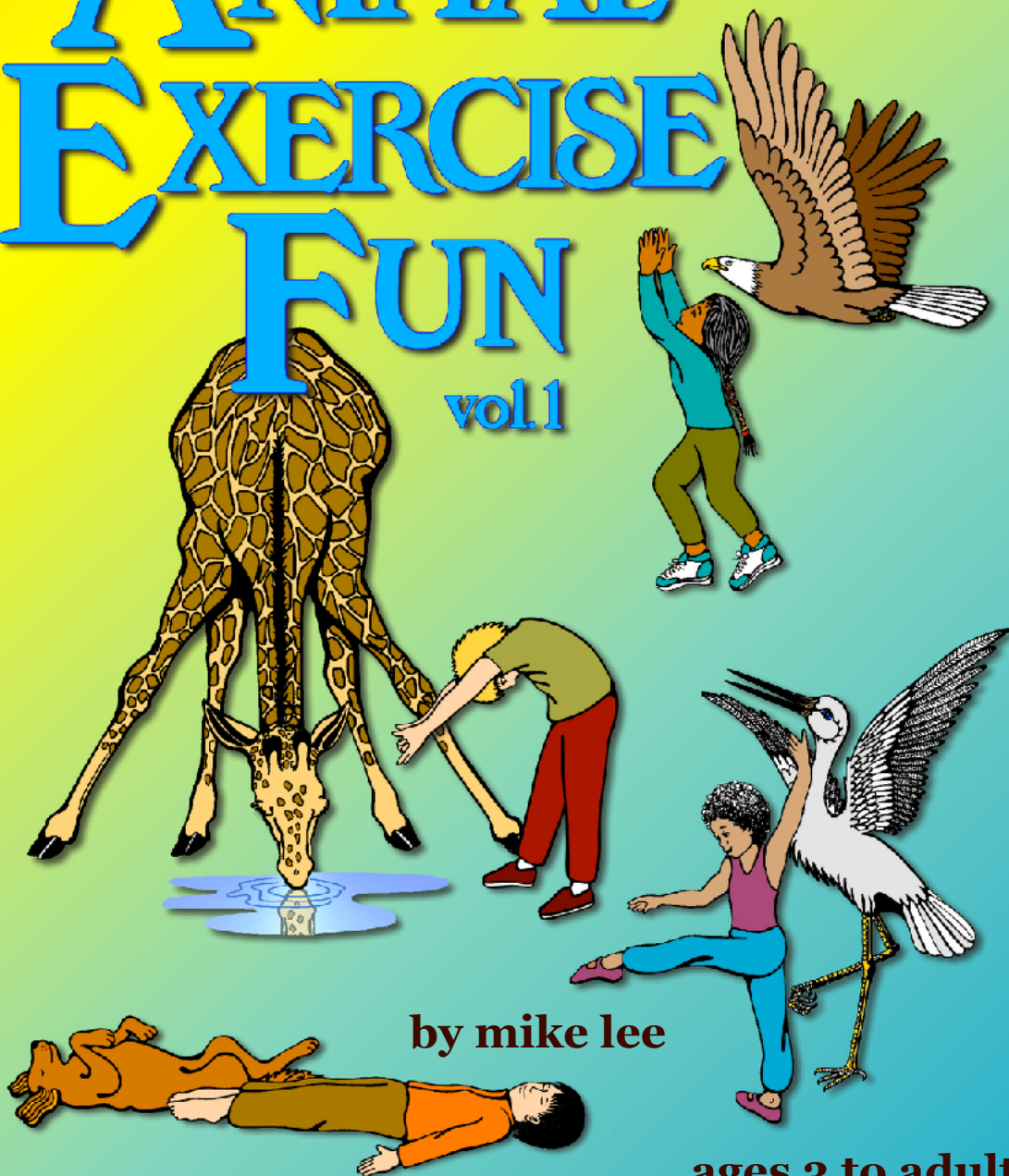


# ANIMAL EXERCISE FUN

vol 1



by mike lee

ages 3 to adult



*Dedicated to my mother's dream*

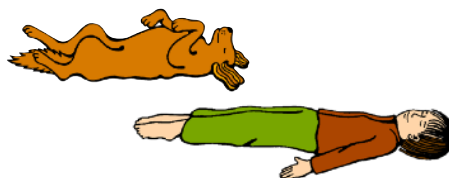
*Many thanks to everyone who shared their literary, artistic  
and financial support of this program over the years.*



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See [www.AnimalExerciseFun.org](http://www.AnimalExerciseFun.org) for more information  
on bulk sales, grants, and sponsorships.*

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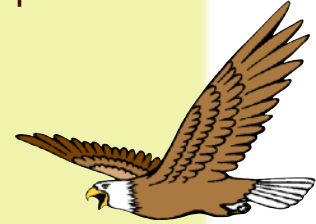
Additional exercises, updates and activities are available at our website. See [www.animalexercisefun.org](http://www.animalexercisefun.org) for more details and a free e-book download.

# INTRODUCTION

As children grow, they form habits that last a lifetime. It is our responsibility to provide them every opportunity to develop a healthy lifestyle.

## Healthy kids:

- Share quality time with their parents
- Eat right
- Exercise and stay healthy
- Develop stronger muscles, bones, teeth and characters
- Have fortified immune systems that fight off disease
- Feel better and do better in school



Plus, children with at least 3 years of health education are less likely to take legal or illegal drugs.

Establishing healthy habits at a young age is a proven formula for creating healthy, happy and successful adults. “Animal Exercise Fun” is part of the cure for what ails us.

There are several ways of supporting this program. Please share this book with your children, family and friends. Consider buying a copy for your school or daycare.

Visit our website for more learning games and exercises. You may also download the free e-book or buy additional copies.

**see: [www.AnimalExerciseFun.org](http://www.AnimalExerciseFun.org)**

**Be healthy, play safe, and have fun!**

**mike**

# SAFE EXERCISE GUIDELINES



**Animal Exercise Fun** has been designed with health and safety in mind. Encourage your children to play safe and keep an eye on them. Here are some basic guidelines for a healthy exercise program.

**This section is not meant to be a substitute for advice from a trained medical professional.**

- Learn **C.P.R.** if you are responsible for the care of others.
- Don't do strenuous exercise if you have an infection.
- If you have a medical condition, talk to your doctor before exercising.
- Make your exercise area safe. Proper planning, before and during the exercises, should prevent most accidents and injuries.
- Read the instructions and be sure everyone understands them.
- Be patient and supportive as your child develops his or her coordination.
- Allow each child to set their own tempo and develop at their own rate.
- **The first three weeks are when most injuries will occur, so take it easy.**
- Eat healthy food and drink fresh water.
- Get plenty of rest and sleep.
- Encourage participation through example.
- Exercise regularly, build up gradually.
- Use ice on sore arms, legs and feet.
- Avoid fast starts and stops.
- Don't bounce or jerk while exercising.
- Anyone can be physically fit; everyone should be.
- **Warm up** before hard work or play, then **Cool down** and **Relax** afterwards.
- When you are tired, slow down or stop to prevent overuse injury.
- Breathing, stretching and relaxing help condition the body and mind with healthy behavior.
- Learn how to treat minor injuries such as: sprains, cuts, cramps, bruises or abrasions.
- If anyone has continued pain or injury, call an orthopedic or sports medicine doctor.
- Keep a home sports medical kit and ice handy.
- Read, and have at hand an emergency medical and sports medicine book.
- See the **Sports Medicine** section at the end of this book.



# TEACHING TIPS

*"I could live a week on a good compliment."*  
Mark Twain

"Animal Exercise Fun" is designed to turn exercise into imaginative play, so young children will develop a lasting love for healthy movement.

Children learn and grow through experience and example. One key to good behavior is a healthy, active, learning environment that engages both body and mind.

## Some things to keep in mind:

- Don't push your child to follow the directions perfectly, except for safety.
- Read the instructions like a story book.
- Make this a learning game.
- Let your child choose which exercise to perform.
- It may take time before younger children fully participate. That shouldn't stop you.
- Interpret and extend the exercises into improvised animal play and story telling.
- It's your job to keep the activities safe and fun.
- Model the correct postures and motions rather than pointing out your child's flaws.
- Don't expect performance, just play.
- Be an example.

## All children develop at their own rate:

- Four, five and six year olds enjoy these activities the most.
- Two and three year olds can play along with you as an example. Simplify the instructions for them.
- Older children may feel self-conscious. It helps if they are given the responsibility of teaching the program to younger children.

## Make exercise a part of your daily life:

- Cat stretch as a wake-up to make getting out of bed fun.
- Have the eagle soar to take out the garbage.
- The giraffe can help pick up small toys.
- Whale can carefully dive and rinse off in the tub.
- Monkey swing out to the car when it's time to go.
- Hum tunes with the hummingbird.
- Use the sleeping dog as a relaxing bedtime story.

## Before you begin:

- Cut out and place the Activity Guides in plain sight.
- Make plenty of room for each exercise.
- Wear comfortable clothes and tie your shoes.
- Drink plenty of fresh water.
- Start slowly and practice carefully.
- Take it easy, No Pain is Best!
- If you feel pain, slow down and rest.
- Be positive, be an example, love each other and HAVE



*"Example is not the main thing in influencing others. It's the only thing."*  
Albert Schweitzer

# YOUR PERSONAL SPACE

First, always test your personal space.  
Move slowly, this isn't a race.

Stretch your body in every direction.  
Do this for everyone's protection.

Bend, reach, and look around,  
Until no danger can be found.

Be certain you can't touch anything or anyone.  
Play safe, so we all have carefree fun.

Have everyone reach, bend, and stretch with both  
arms and legs. Make sure there are at least two feet  
separating the closest points of contact.



# START OUT RIGHT

Learning from the animals is fun.  
Exercise is good for everyone.

Take your time and do your best.  
When you are tired, it's time to rest.

Please be careful when you play.  
Exercise! Be healthy the natural way.



## WARM UP

We'll warm-up by breathing  
And moving about,  
Next, we'll take time  
To really stretch out.

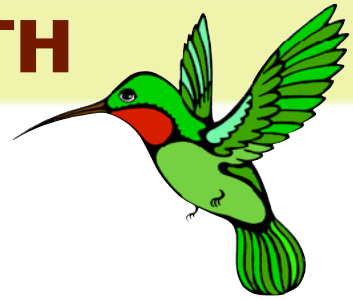
Slowly and surely aerobics begins,  
With healthy play, your body wins.

## COOL DOWN

Cool down by stretching  
Some more,  
So that your body  
Won't feel sore.

Relaxing always makes sense  
Whenever you feel tired or tense.

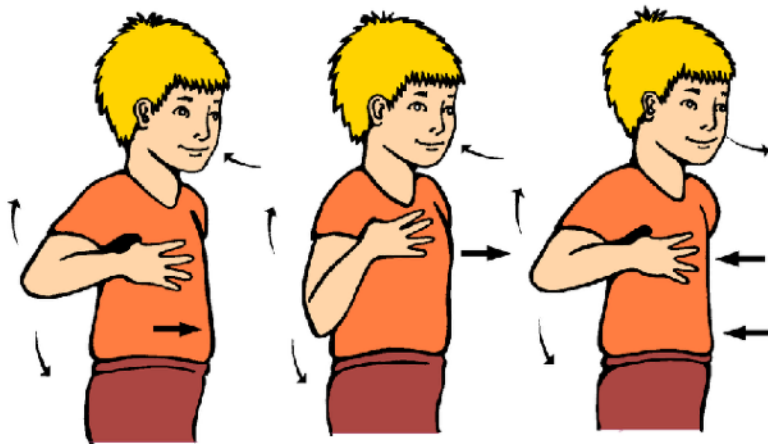
# HUMMINGBIRD BREATH



Sparkling jewels are darting in and out,  
Chasing one another all about.

Hummingbirds are full of energy.  
You must look quickly, they are hard to see.

Their wings move so fast  
They make a humming noise.  
Humming is what the hummer enjoys.



Imagine you're a hummingbird, humming about.  
Breathe deeply through your nose,  
Humming in and out.

Practice humming and breathing together.  
As you breathe deeper, your humming gets better.

You can flap your arms,  
But they won't make a sound,  
So hum with your nose  
As you walk all around.

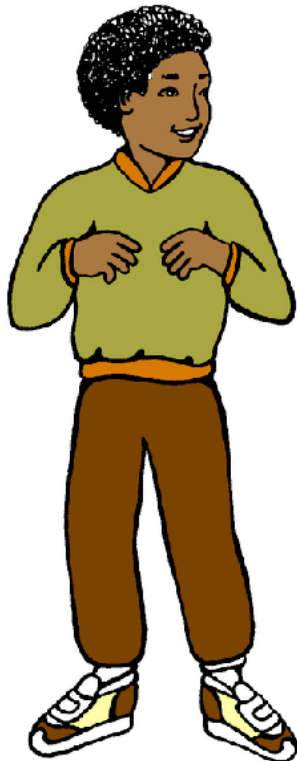






Sweet nectar is what you seek.  
Your mouth is a long, pointed beak.

All the flowers are smiling at you,  
Their many colored faces sparkling with dew.



The fragrance of flowers fills the fresh air.  
Their colorful faces are everywhere.

Hum around to each and every one.  
Humming is how you love to have fun.

Your lungs are filled with the smell of clover,  
Energizing your blood, making you tingle all over.

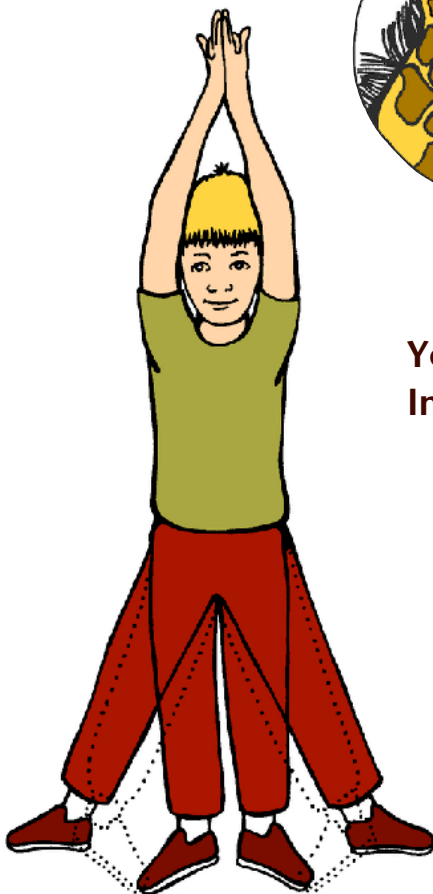
Check your “personal space” before beginning.  
Play as long as you feel comfortable.  
If you feel dizzy stop and sit down.  
Try humming a favorite tune.

# DRINKING GIRAFFE

How tall would you have to be . . .  
To eat leaves from a tall tree?

Imagine you suddenly grow very tall.  
You are a giraffe, standing above them all.

Clasp your hands above your head, reach high.  
Your thumbs are the giraffe's two short horns,  
Sticking up in the sky.



Your small fingers, are a long slender nose.  
Imagine being a giraffe; your whole body grows.

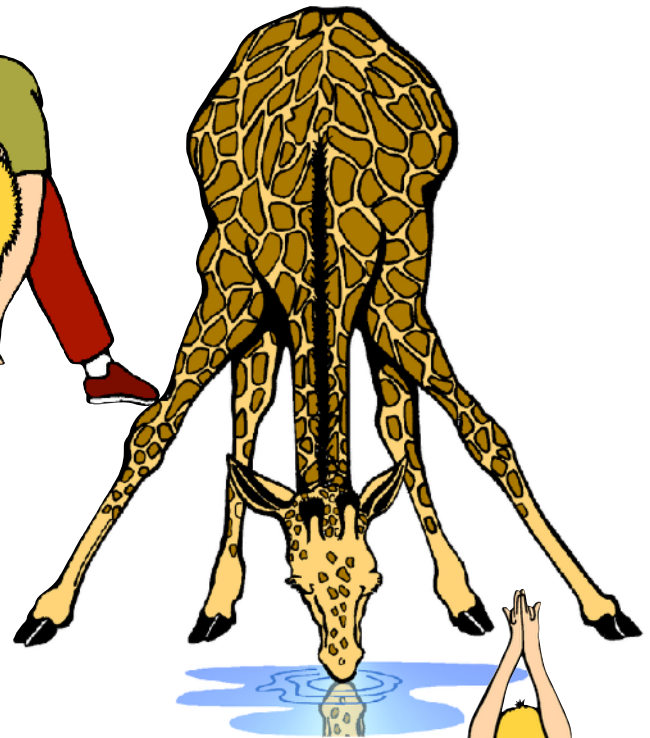
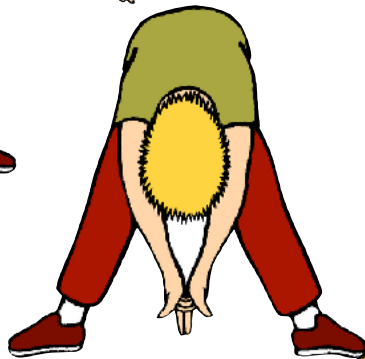
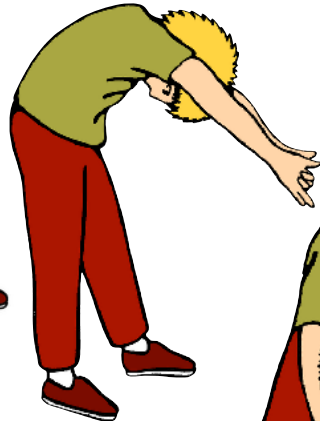
There is one problem, getting a drink.  
To answer this question, the giraffe must think.

"I'll slowly spread my legs apart.  
"Then my mouth will reach the water.  
I'm so smart!"

Next, relax your shoulders, neck and back.  
Then let your upper body go slack.

Now, just a little, bend your knees,  
So you can touch the ground with ease.

Keep your arms straight,  
Lower your chin to your chest.  
Slowly bend forward,  
Curling your back is best.



Tighten your stomach and  
Reach your giraffe head  
Down to the ground.  
Take a long, cool drink of fresh water,  
And make a drinking sound.

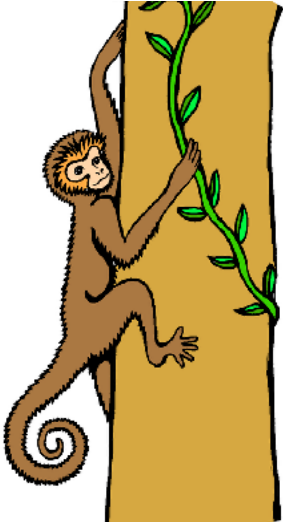
“Gl-ug-g-g, Gl-ug-g-g, Gl-ug-g-g”

Slowly curl back up,  
Stretch straight and tall.  
Lower your arms and relax,  
You are once again small.



Repeat 3 to 5 times if you like. Hold the down position 5 to 30 seconds. Always move slowly and relax when stretching.

# MONKEY SWING



Monkey climb and monkey swing,  
Through the air without a wing.

Limb to vine, tree to tree,  
Above the ground wild and free.

## CLIMB AND SWING

Use your imagination,  
Pretend to climb a tree.  
Watch your step, climb carefully.

Be careful when you climb and swing.  
Playing safe is the most important thing.

Let's climb up into the fresh air.  
There are plenty of trees,  
The monkeys will share.

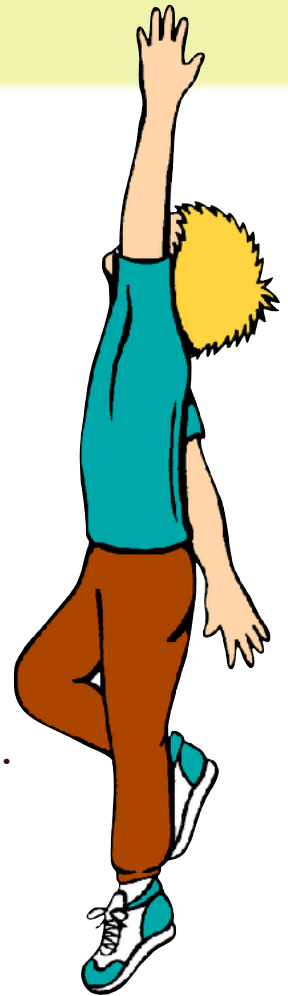
Start out slowly, be careful, don't fall,  
"Ah-Ah! Ee-Ee! Oo-Oo!" is your monkey call.

Reach and climb with your hands and feet.  
Monkey business is really neat.

Stretch your whole body from finger to toe.  
Say, "Hey monkeys, Ee-Ee! Ah-Ah! Oo-Oo! Hello!"

You will need to breathe deeply to help you keep going,  
To get your heart pumping fast and your blood flowing.

It's a very long way to the top.  
Climb fast or slow, if you're tired stop.

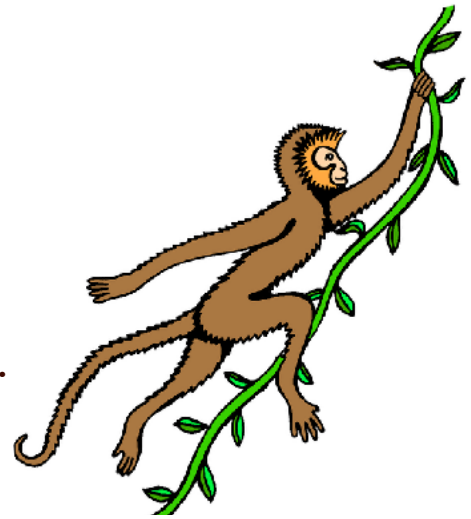


We've reached the treetops,  
Now swing from limb to vine.  
Monkeys love to play, and that's just fine.

Reach and grasp, hold and swing,  
As you soar through the air without a wing.

Swing from limb to vine, from tree to tree,  
Above the ground, wild and free.

Swing like monkeys, high up in the trees,  
Like acrobats on the trapeze.



Now, swing slowly for a while to cool down.  
Say goodbye to the monkeys  
And make a monkey sound.  
“ Ee-Ee! Ah-Ah! Oo-Oo!”

Be sure the play area is clear of obstacles that might hurt a swinging monkey. You can walk or run in one place to climb and swing like a monkey if space is limited.

# LET THE SLEEPING DOG LIE

Let the sleeping dog lie, lying there all alone.  
Let the sleeping dog lie, lying there like a stone.

Dogs sleep anywhere, anytime.  
They love to sleep, anyplace is fine.

Relaxing is their favorite sport.  
Dogs are just the relaxing sort.



Let's relax like the dogs do.  
Relaxing is very good for you.

Imagine what kind of dog you would like to be.  
I hope your dog is friendly.

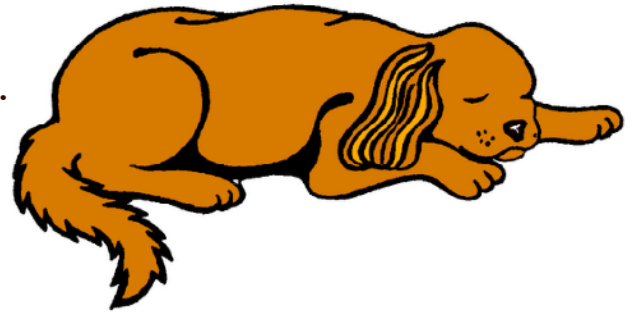
Lie down, stretch out and Y-a-a-w-w-n.  
Imagine you're lying on a soft green lawn.

Get as comfortable as you can be.  
Perhaps you need to scratch a flea.

Dogs lie around in many different ways,  
Sleeping away the nights, sleeping away the days.

Choose your favorite way to lay . . . ,  
Close your eyes, this is sleepy play.

Take a few deep breaths, relax all over . . . ,  
Then breathe easily, you sleepy rover.



Use the Sleeping Dog to help your child relax before nap or bedtime. Read slowly with a calm, soothing voice. Record your voice, so you can enjoy a relaxing break as well.

Ever so still, and oh so quiet,  
Like an old dog lying still, won't you please try it?

Dogs like to stretch as much as cats do, so stre-e-e-etch out . . . ,  
Then r-e-l-a-x . . .  
Stre-e-etch your fingers, your arms, shoulders and neck . . . ,  
Then r-e-l-a-x . . .  
Point your toes, and stre-e-etch your feet, legs and hips . . . ,  
Then r-e-l-a-x . . .  
Stre-e-etch and straighten your back . . . ,  
Then r-e-l-a-x . . .  
Now tighten your stomach and chest muscles . . . ,  
Then r-e-l-a-x.

Y-a-a-a-w-w-w-w-n another big y-a-a-w-w-n if you will,  
While lying very comfortably still.

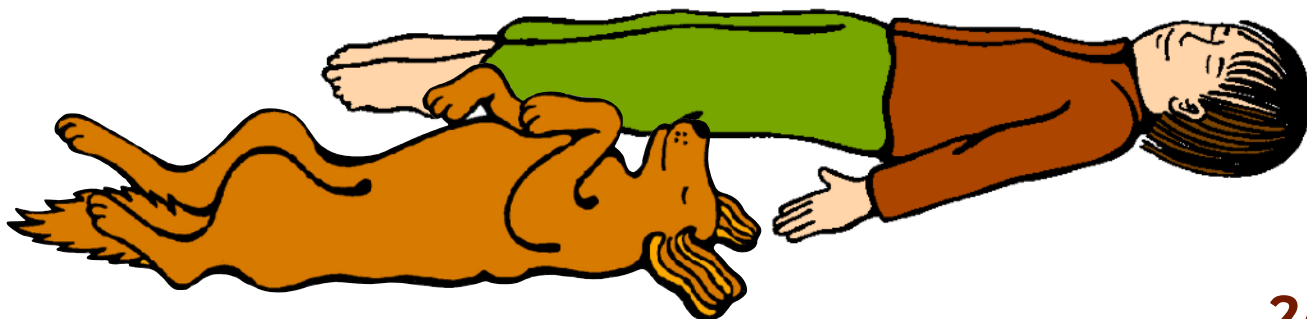
Dogs don't have much to worry about,  
As long as they come, when their owner's shout.

They like to chew on an old shoe or glove,  
But they especially enjoy, lots of love.

Be like the dog, don't worry what tomorrow brings,  
Relax now, think about happy things.

Breathe slowly and deeply, let your troubles disappear . . . ,  
Slowly drift off to sleep, you have nothing to fear.

When you wake up, it will be a new day.  
You will be a new child, healthy, happy and ready to play.



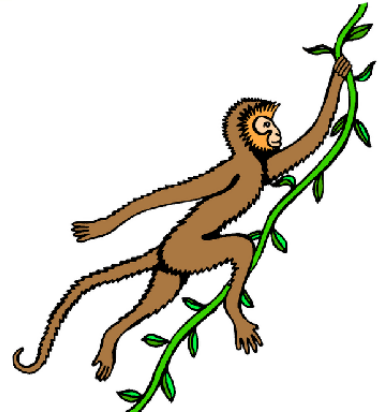
# EAT, DRINK, BE WELL

Animals are healthy and strong,  
They eat right and exercise all day long.

One thing animals naturally know . . .  
Is that eating healthy helps them grow.

Animals eat food that is natural and fresh.  
Some eat plants, others eat flesh.

Human beings eat anything they can swallow or chew.  
It's important to choose food that is healthy for you.



## THE EAT, DRINK, BE WELL GAME

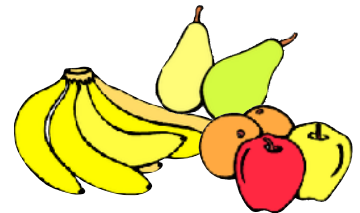
Make up questions, with answers about food or drink.  
There are plenty, if you think.

Here are some questions to start the game.  
How many different foods can you name?

When animals want something sweet,  
What is their favorite natural treat?

What cool drink would be the best choice?  
To make a thirsty Giraffe rejoice?

What different foods do animals want?  
Imagine the menu at an animal's restaurant.





## CLIMB THE HEALTHY FOOD LADDER

The higher you climb the better you'll feel.  
Try to eat good food for every meal.

If being healthy like the animals is your goal,  
Choose healthy food: fresh, natural and whole.

Imagine a ladder when you want something sweet.  
Climb above the junk food and have a natural treat.

Exercise your choice for your body and mind,  
Eat good food and try to be kind.

If you want to have more fun when you play,  
Climb the Healthy Food Ladder every day.



## WHAT'S COOKING!

Food is always best shared,  
Guess all the ways it is prepared?

Answer:  
Food can be: boiled, broiled, stewed or dried,  
Steamed, baked, roasted, poached or fried,  
Peeled, skinned, frozen, pickled or sliced,  
Chopped, canned, creamed, shredded or diced.

# SPORTS MEDICINE TIPS

**This section is not meant to be a substitute for advice from a trained professional. If your child is involved in an accident or experiences continued soreness or joint pain, contact your doctor.**

**There are two basic types of sports injuries: Trauma and Overuse. Learn to treat them.**

**TRAUMA Injuries** include: cuts, abrasions, bruises, sprains, strained or torn muscles and twisted ankles. Help prevent Trauma by following the Safe Exercise Guidelines.

In case of TRAUMA, the first few minutes are the most important! BE PREPARED!

- Don't move an unconscious person.
- Don't move anyone who can't move all four of their limbs.
- Be calm, calm your child, speak softly and clearly, have your child RELAX.
- Assess the nature of the injury.
- For severe bleeding you may need to use a piece of cloth to slow the bleeding while calling emergency services.
- Otherwise, clean the wound and treat it according to your doctor's advice.
- **DON'T HESITATE TO CALL AND ASK FOR MEDICAL ADVICE FROM YOUR DOCTOR OR HOSPITAL! NO MATTER HOW SERIOUS THE INJURY SEEMS TO BE!!**
- Even if there is no blood, a serious injury may have occurred.
- Without blaming anyone, find out what happened.
- Stay calm and determine if there may be broken bones or other internal injuries.
- Call the doctor for advice.
- Treat bruises, bumps, sprains, and twists with (R.I.C.E)...Rest, Ice, Compression, Elevation. If ice is not available, run cold tap water over the injury.

**OVERUSE Injuries** include: sore muscles and joints, too much of a good thing is bad. The symptoms of overuse should be treated seriously to prevent reoccurrence.

## **To Cure Overuse Injury:**

- Use R.I.C.E., Rest, Ice, Compression, and Elevation.
- Don't use pain killers to continue to work or play.
- Special self-help stretching, massage and conditioning exercises help cure these problems.
- Check the internet, and purchase a Sports Training and Medicine Book that teaches self-help healing methods.
- Beware of stress fractures and muscle damage, they can be misdiagnosed.
- Follow all the Safe Exercise Guidelines.
- Play safe and Have Fun!

## **To Prevent Overuse Injury:**

- "NO PAIN, NO GAIN" is WRONG!
- Practice a long term PAINLESS exercise program to avoid Overuse Injury.
- Change any activity that hurts, either slow down or stop until you feel better.
- Most importantly: warm-up, cool-down and stretch.
- A moderate and regularly scheduled program that exercises the whole body cures and prevents injuries from returning.

## **R.I.C.E. - Rest, Ice, Compression, Elevation**

- **REST:** Don't use the injured body part until the injury is healed, except for healing exercises.
- **ICE:** Place ice packs around and on the injury intermittently for the next 24 hours.
- **COMPRESSION:** Wrap an ace bandage snugly around the bruised or twisted area.
- **ELEVATION:** Hold the injured part of the body above the heart.

# THANK YOU

The choices we each make combine to create our world. Regular exercise can energize the tired, strengthen the weak, calm the restless, and encourage the depressed. Exercise, along with good food, fresh water, and plenty of sleep are the cornerstones of a healthy lifestyle.

The best insurance against sickness is preventive medicine. It all starts with each individual taking responsibility for taking care of themselves, their family, their community, and the world around us.

Thank you for taking this step to help your child lead a healthier, happier life. Now keep it up and have fun. Be sure to visit [www.animalexercisefun.org](http://www.animalexercisefun.org) for more activities.



# ACTIVITY GUIDES

Cut or photocopy the following pages from the book for your child to use as a visual guide for the activities while you read the instructions. Leave them in conspicuous places to remind everyone to exercise.

You can also find coloring pages at our website, [www.animalexercisefun.org](http://www.animalexercisefun.org). While coloring pages may not be considered a creative activity, coloring improves dexterity, and in this case serves to remind, reinforce, and familiarize your child with the activities.

# CAT STRETCH

