

If I were a ...



Lifesaving
education programs

Extension for staying fit and healthy

For this activity, participants will show an understanding of different stretches and exercises that will keep them fit, healthy and ready for various aquatic activities.

- 1 Discuss with participants the importance of staying active for optimal participation in aquatic activities.
- 2 Have participants stand in a circle.
- 3 One at a time, participants will pick an aquatic activity, and show how they would warm up and prepare their body for that activity. For example, "If I were a kayaker, I would need to stretch my back and shoulders."
- 4 Take the group through the stretches/exercises suggested for each activity. For example, the kayaker's shoulder stretch.
- 5 Invite participants to demonstrate other stretches they know of, to make sure all parts of the body are warmed up for the lifesaving education program activities. For example, cross body shoulder stretch, neck rolls, trunk rotation, arm circles, forward lunges.

