

Warm-Up and Cool-Down



Warm up before each day's activity for 5 minutes

Activity	Description	Count
High Knee Lifts	Stand Tall. Lift right leg and tap knee with hands. Repeat with left leg.	Alternate legs 5 times each
Butt Kicks	Stand Tall. Kick your right leg back to touch your butt with your foot. Repeat with left leg.	Alternate legs 5 times each
March in place	Stand Tall. March by lifting knees high. Move arms in time with legs	March while counting to 10
Sideways Steps	Stand Tall. Step right with right foot. Step left foot to meet right foot.	5 steps to the right, then 5 steps to the left. Repeat 2 times
Arm Circles	Stand Tall. Swing arms forward 5 times, then swing arms backwards 5 times,	Repeat twice.
Walking Lunges	Step forward with right foot into low lunge, then take step forward with left foot.	Repeat 5 times with each foot. Turn around and repeat, returning to starting location.
Side hops (or steps)	Stand Tall. Hop or step to the right. Hop or step to the center. Hop or step to the left.	Repeat 5 times.

Cool down after each day's activity for 5 minutes

Activity	Description	Count
Stretch High, Touch toes	Stand Tall. Stretch arms overhead, reach down and touch toes	Repeat 5 times
Stretch Wide, Crouch down	Stand Tall. Stretch arms wide to either side, crouch body down and wrap arms around legs, stand up.	Repeat 5 times
Butterfly Stretch	Sit on ground, place soles of feet together. Gently press down knees to stretch. Can bend forward, forehead towards toes. Hold position 10-30 seconds.	Repeat 5 times
Straddle stretch	Sit on the ground with legs apart. Bend slowly over the right leg, then to the center, then over the left leg.	Repeat 5 times
Child's Pose	Kneel with toes touching and knees spread apart. Slowly bend over and touch the forehead to the ground. Arms can be at the sides, palms facing up, or extended in front of the head with palms on the floor. Inhale and exhale slowly and deeply, hold for 3 to 5 breaths.	Repeat 5 times
Cat-Cow	Start on all fours with back flat like a table. Eyes look straight down to the ground. Inhale, drop the belly down and slowly lift the neck and head up. Next, on an exhale, lift the belly and spine so the back is arched like a cat's. Eyes look toward the belly button.	Alternate 5 times.
Deep breaths	Sit in criss-cross-applesauce position. Close eyes. Take big breath in. Blow it out.	Repeat 5 times.

Miles with Miles is brought to you by:



hartfordmarathon.com