

IT'S ALL IN THE CARDS



Play WAR

Sort by color then by suit

Sequential order of each suit

Exercises: Idea taken from: <http://www.defyagingsolutions.com/blog/withjustadeckofcards>

Assign a move you know you can execute in proper form to each of the 4 suits:

Clubs: squats or stand/sit in chair OR knee taps/march

Spades: up/down on toes OR side kicks

Hearts: (cardio) Deep-breathing & hold in stomach muscles & release OR blow tool from hospital

Diamonds: wall push-ups OR with arms, make shape of a diamond: (together above head, out to sides, together down low OR arm curls (w/cans or bands)

Next decide what you would like to do with the face cards. You can either give them a number value say Jack= 11 reps, Queen = 12 reps, and King = 13 reps, or, you could make them a separate move entirely - like neck rolls

Now you are ready to work out.

Shuffle the deck and flip a card. Perform the move you have assigned for the suit and the number will tell you how many reps to do.

In our example above, if our first card was a 5 of Clubs we would have to perform 5 squats.

You can decide to do a whole deck of cards which usually takes about 30-40 minutes depending on the exercises chosen. Or you could give yourself a time limit and do as many cards as you can.

Pick one lower body exercise, one upper body exercise, one core focused exercise and one cardio move. This way you get a total body workout!

Compliments of: *Koinonia Senior Care:*

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