

UNC Wellness Centers

***Talk to Me Tuesday!***  
Movement Snacks

**UNC**  
HEALTH.

Presenters:  
Stephanie Milosovic PT, DPT, OCS, CSCS  
Jacob Orndorff CSCS, CSPS, PN Iv 1

9/29/20

## 5 Steps for Influencing Meaningful Health Behaviors In Children

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**Step #1: Walk the Talk**

**Step #2: Make Healthy Habits Relevant to Kids**

**Step #3: Focus on Short-term Rewards**

**Step #4: Make Your Environment Reflect Your Message**

**Step #5: Suspend “Good” vs. “Bad”**

## Fun at Home Ideas for Your Child to Explore Movement

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### Workout 1: Coordination



### Workout 2: Strength



### Workout 3: Agility



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## #1 Coordination Building

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Warm up with Movement Sentences or Movement Variables. Movement Sentence: Run, roll, jump... Crawl, run, skip... Duck walk, gallop, crab walk... Movement Variables: **Jump** (5 seconds), Legs narrow (5 seconds), Legs wide (5 seconds), Side to side (5 seconds), Forward and backward (5 seconds), Jump (5 seconds)

<https://www.youtube.com/watch?v=w5R3sY9wMrQ>

Breaking down the skip:

- Arms bent to 90 degrees
- Hit the ground with the ball of the foot
- Bring the thigh parallel to the ground

Do the following activities to reinforce the coordination necessary for high-level skipping:

- Robot arms (4 sets of 10 seconds)
- Popcorn jumps (4 sets of 10 seconds)
- Moon meter (4 sets of 15-20 yards)
- Skip (4 sets of 15-20 yards)

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## #2 Strength Building Activity Ideas

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Warm up with Movement Sentences or Movement Variables. Movement Sentence: Run, roll, jump... Crawl, run, skip... Duck walk, gallop, crab walk... Movement Variables: Movement Variables: **Jump** (5 seconds), Legs narrow (5 seconds), Legs wide (5 seconds), Side to side (5 seconds), Forward and backward (5 seconds), Jump (5 seconds)

### 6. Movement Circuit

These circuits highlight developing the strength and coordination to transition from one movement to the next. Do the following circuit three times.

1. **Surfer** (30 seconds)
2. **Wall Squat** (30 seconds)
3. **Alternating Superman** (30 seconds)
4. **Bear, Crab, Butterfly** (30 seconds)

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## #3 Agility Building Drill

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Warm up with Movement Sentences or Movement Variables. Movement Sentence: Run, roll, jump... Crawl, run, skip... Duck walk, gallop, crab walk... Movement Variables: Movement Variables: **Jump** (5 seconds), Legs narrow (5 seconds), Legs wide (5 seconds), Side to side (5 seconds), Forward and backward (5 seconds), Jump (5 seconds)

**MyGears** (Using running in place or across an area)

Agility requires athletes to quickly change speeds to adapt to the needs of the sport. Call out the following gears at random time intervals:

- 1<sup>st</sup> gear
- 2<sup>nd</sup> gear
- 3<sup>rd</sup> gear
- 4<sup>th</sup> gear
- 3<sup>rd</sup> gear
- 2<sup>nd</sup> gear

Repeat the progression three times.

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### Active Hobbies Different than Traditional Sport

- Archery
- Fishing
- Hiking
- Kayaking
- Skateboarding
- Skiing



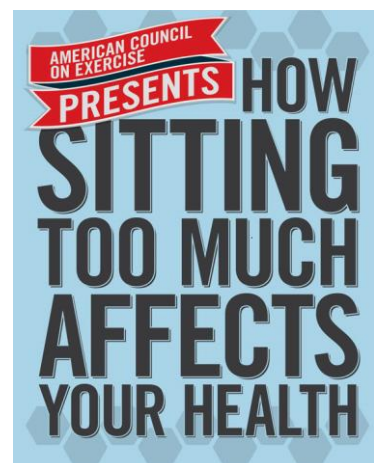
Etc.....



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## Anatomical Effects of Sitting

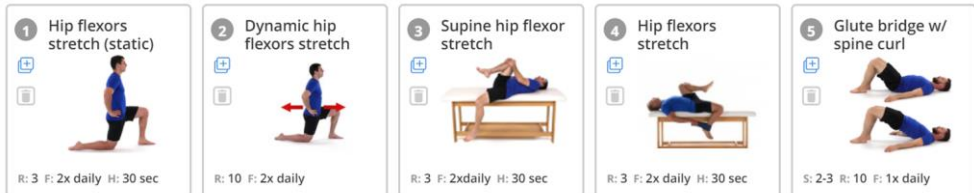
- Gluteus Maximus (what you sit on!)
- Lower back
- Abdominals
- Heart and Lungs
- Head/Neck



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## SOLUTIONS: Advice from the Physical Therapist

For your glutes and lower back:



For your head, neck and posture:



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## SOLUTIONS: Movement Snacks

- Reduce your sitting time
- Watch less than TV
- Use a standing desk
- Set a timer for reminders
- Stand
- Walk
- Make physical activity FUN and a family event
- Use the stairs, park far away
- Wear an activity tracker



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## SOLUTIONS: *Ways to make activity a part of your day!*

- Schedule exercise into your day/week
- Recruit a workout partner or a fitness professional
- Try 10-minute mini-workouts



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# Questions???



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**Health Education Team:**

Stephanie Milosovic PT, DPT, OCS, CSCS  
Jacob Orndorff CSCS, CSPS, PN Iv 1

## Have questions or need additional support?

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Jacob Orndorff

Email: [jacob.orndorff@unchealth.unc.edu](mailto:jacob.orndorff@unchealth.unc.edu)

Personal Training

Virtual coaching

Small group

Stephanie Milosovic

Email: [stephanie.milosovic@unchealth.unc.edu](mailto:stephanie.milosovic@unchealth.unc.edu)

Physical Therapy- Orthopedic Clinical Specialist

Group Exercise Instructor

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***30 Day Challenge to Healthier Habits and a Happier Life starts soon!***



**Members, \$30 register in your member account or at the front desk  
Non-members, \$60 call 984-974-2571 to register**

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## AHA Heart Walk- Virtual Style



### On Saturday, October 10 Heart Walk Celebration

- Walk wherever you want, whenever you want!
- Make the day meaningful for you



Join the UNC Hospitals Cardiac Rehab & UNC Wellness Centers team!

50020

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## Community Flu Vaccine Clinics

### UNC Wellness Centers at Meadowmont (Classroom)

- Tuesday, October 6 from 8:00 am-12:00 pm
- Thursday, October 15 from 2:00-6:00 pm
- Call (919) 966-5500 to schedule

### UNC Wellness Centers at Northwest Cary (Lobby)

- Tuesday, October 20 from 2:00-6:00 pm
- Tuesday, October 27 from 8:00 am-12:00 pm
- Call 919-957-5900 to schedule

\*Minimum Age to get this Flu vaccination is 14 Years and Older

\*Bring your health insurance card and prescription insurance card to receive flu shot. There will be no money exchanged with the UNC Wellness Centers front desk.

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## ***We want your Feedback!***



Email [Julie.McNamara@unchealth.unc.edu](mailto:Julie.McNamara@unchealth.unc.edu)

**1. How would you rate the effectiveness of today's session to educate and support you?**

5-Excellent 4-Very Good 3-Good 2-Fair 1-Poor

**2. What future topics would you like to see? Other suggestions?**

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