

1315 – Move, Train, Play

Beginner / Pool Workshop

Sanibel, FL / Friday, June 26, 2020 – 8:30-11:45 am – 3.0 credit hours

(Classroom: 8:30-10:00 am / Pool: 10:15-11:45 am)

Faculty: Steph Toogood, AS

COURSE DESCRIPTION:

Let's make exercise fun. Learn to disguise functional movements as fun and as play with laughter and competition. We know exercise is medicine but let's add the "sugar to help the medicine go down". Learn to increase social interaction and improve adherence to exercise or therapy. Take home movement ideas that flow seamlessly from mobility moves that improve posture, through functional patterns to assist with ADLs, along with play, interaction and laughter as the finale.

COURSE OBJECTIVES:

- 1) Explore exercise and enjoyment and the link between them.
- 2) Review physical development and changes from birth to death.
- 3) Determine skills required to move efficiently and effectively throughout life.
- 4) Experience how laughter and competition can enhance an exercise experience.
- 5) Design individual, pairs, and group games that are disguised exercises.
- 6) Include the mind and imagination in the programs.

FACULTY: Steph Toogood, AS, is the UK AEA training specialist, international educator and presenter of water fitness. She was a Fab After 50 Health Achiever nominee for *Fitness Professionals* Fitness Leader of the Year Award, named as one of the Top 10 Fitness Instructors in the UK by the *Independent on Sunday*, and has received the AEA Global Award for Educational Excellence.