

Camouflage Fitness
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Webster's Dictionary defines "camouflage" as a disguise. I know just wearing my camouflage pants in the gym gives me a macho rush and an intense feeling of exhilaration. So, put on your camouflage and try some of these healthy activities for a little fitness in disguise! These are from Sportime, the number one resource for PE teachers -- and my favorite toy store!

Try some cues to keep the attention of the group:

- If you hear the word "apples," clap 3 times.
- "Oranges" means sit down.
- Hear "bananas" and you shake in place.

1. Camouflage Hula Hoop planks / pushups position

Work in partners. One of you starts on the floor in a plank / pushup position. The other partner passes the hula hoop through the arms and legs of the partner on the floor. The partner on the floor lifts his hand, hand, leg, leg as the hula hoop passes through his body. Decide on the number of repetitions – say 10 – then you do the first 5 before switching so your partner can do the next 5. If you can only do 3 then your partner should do three or more and keep switching until you hit 10. As you get stronger increase the number.

2. Scooter Fun

A. Scooter leg curls

- This activity is a real workout for both legs. Sitting on the scooter with your hands on the handles and your legs on the floor begin by pulling yourself to the finish line alternating your legs. Now try it with one leg and then the other.

B. Scooter rowing

- This activity works both the back and core. Sitting on the scooter with your legs crossed grab the pole and push yourself to the finish line.

C. Scooter soccer/basketball

- This activity is a variation of soccer/basketball that requires some teamwork and physical coordination. Each player sits on the scooter with legs on the floor. For basketball, teammates dribble and pass and drive their scooters to their goal to score. For soccer, players dribble with their feet, pass and kick the ball, driving their scooters to their goals.

My clients react with child-like joy when I break out the toys and we play Camouflage Fitness. The whining stops, the excitement begins – and Fitness sneaks its way in!