

What Happens at PALS

Warm-Up (10 minutes)	Circuit Exercises (40 minutes)	Cool Down (10 minutes)
<p>Perform 5 minutes of aerobic activities <i>(see Warm-Up Options)</i></p> <p>Pick 3 strength exercises that warm up 3 different body parts and 3 flexibility exercises that stretch 3 different body parts <i>(see pp. 23-42).</i></p>	<ol style="list-style-type: none">1. Diagonal Wall Touch2. Step Taps3. Chair Stands4. Ball Carry5. Step Together Step6. Hip Marching7. Leg Extensions with Ball8. Arm Curls9. Chair Stands10. Ball Tap	<p>Perform 5 minutes of decreasing intensity aerobic activities <i>(see Cool-Down Options)</i></p> <p>Pick Cool-Down exercises that exercise 3 different body parts <i>(from pages 56-63 in the Leader Manual)</i></p>

Weekly Lifestyle Class Topics:

1. Staying Safe while Being Active
2. Setting Goals for Physical Activity
3. Tracking Your Physical Activity
4. Overcoming Barriers to Physical Activity
5. Preventing Relapse
6. Building Motivation
7. Eating Healthy
8. Managing Your Stress
9. Celebrating your Successes
10. Staying Active

