

# Moving with Squeezy

## Duration

20 Minutes

## What you will need

A stopwatch, fitbit or mobile phone to count steps.

## Activity:

Welcome to 'Get moving with Squeezy'. 'Interval exercise' and 'high intensity workouts' promote positive impact of short and fast physical movement, getting the heart pumping and blood flowing. This not only improves physical fitness but also mental wellbeing. Take a look at the video links below to watch some examples of high intensity workouts.

<https://www.runloop.com/seconds-interval-timer/joe-wicks-body-coach>

<https://www.shape.com/fitness/workouts/hiit-workout-tones-30-seconds>

You must work in small groups, pairs or individually, competing to see whom can measure the most steps on there device within 30 seconds. You can use a stopwatch, fitbit or a step counter app to measure steps. Each person will get three chances to measure steps in the hope they are able to improve the result each time. Once completed they will share results with each-other.

In groups, pairs or individually you will then work on creating your very own 'high intensity workout' plan. You need to think about what other body movements you could, count and measure within a 30 second period and how many times you would need to repeat them to feel as though you have had a good workout.

## Reflection:

After the session reflect on how you felt after the high intensity interval exercise. Also how you feel this approach can be beneficial compared to other forms of exercise or sport.

