

TOOLBOX

HOUSEHOLD OBSTACLE COURSE

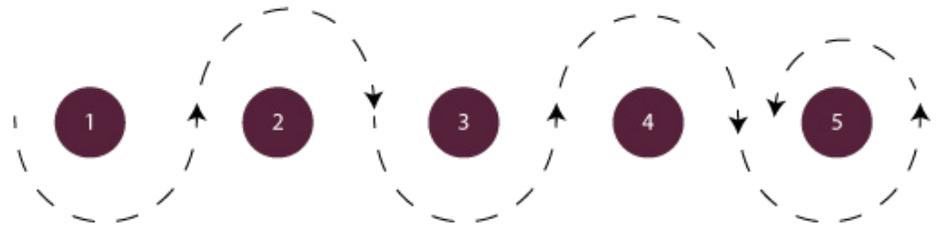
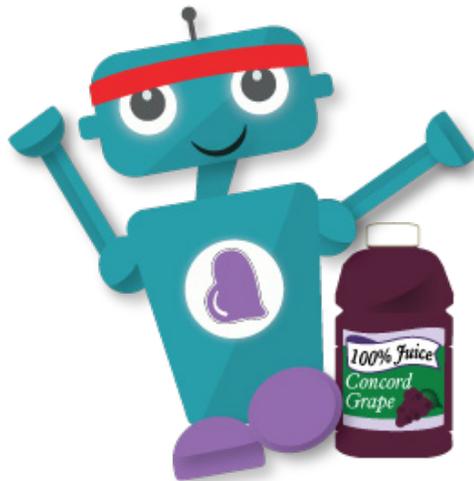
Introduction

Get your heart pumping and your muscles moving! Try some of Cool-E's favorite exercises using items you can find at home, no fancy equipment required. The parts of the body being exercised are highlighted in purple.

Take Your Starting Pulse

1. Begin the obstacle course by taking your starting pulse. Your pulse tells you how fast your heart beats.
2. Place your left hand palm side up.
3. Lightly press the first and second fingers of your right hand across your left wrist. You'll be able to feel your pulse just below your thumb.
4. Count the number of times you feel your pulse during 15 seconds.
5. Multiply this number by 4 to get the number of times your heart beats in one minute. Record this number.

*Handy tip: Use a stopwatch or have an adult time you for 15 seconds to get the most accurate number.



Juice Agility Course - for legs and heart

1. Set up your agility course by placing one full jug of juice on the floor. Take three big steps forward and place another full jug of juice. Repeat until you have five jugs of juice on the floor spread evenly apart.
2. Starting at one end run around the right side of the first jug of juice.
3. Run around the left side of the second jug of juice, the right side of the third, and the left side of the fourth.
4. Run all the way around the last jug to repeat the course.
5. Run the course forward and back 10 times.

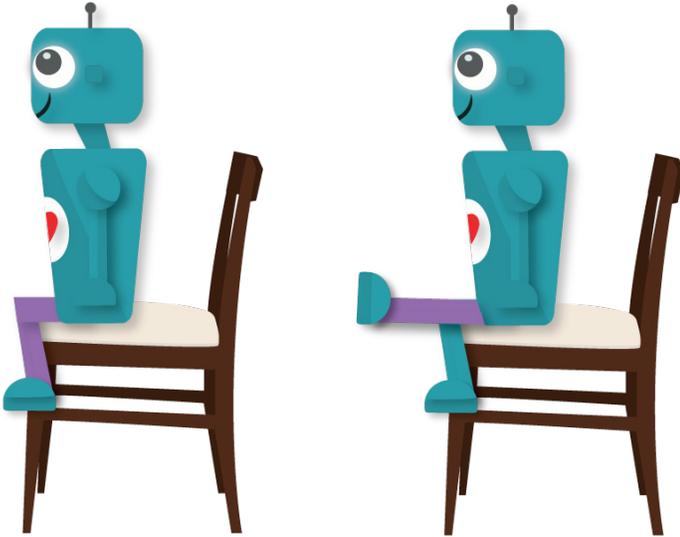
*Handy tip: You can change the pattern of the course to make it even more fun. Try setting the jugs up in a "t" shape and running around it in figure 8s.

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Chair Leg Extensions - for legs

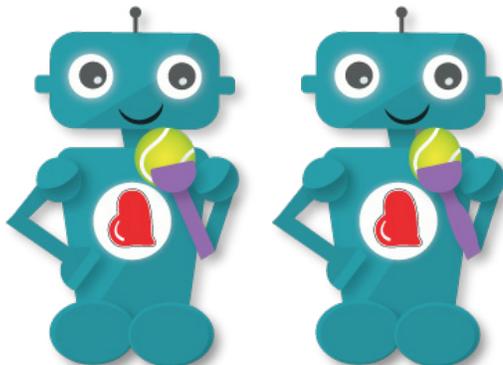
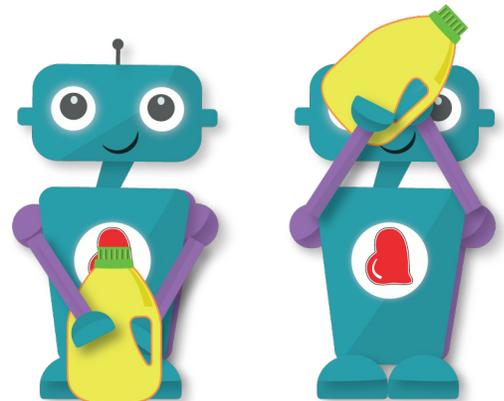
1. Sit up straight in a chair with your legs on the floor spread slightly apart.
2. Lift your right leg so it is parallel or even with the floor. Hold for a 10 count.
3. Put your right leg back on the floor and lift your left leg so it is parallel or even with the floor. Hold for a 10 count.
4. Repeat 10 times.

*Handy tip: Sit up straight at all times to really work your leg muscles and avoid injuring your back.

Laundry Detergent Lifts - for back, shoulders, and arms

1. Stand with legs wide apart and knees bent.
2. Place a bottle of liquid laundry detergent between your legs.
3. Bend down to tightly grab the laundry detergent with both hands.
4. Swing the detergent above your head while straightening your back and legs.
5. Swing the detergent back down while bending your knees but keeping your back straight.
6. Repeat 10 times.

*Handy tip: If you don't have liquid laundry detergent, you can use a fabric softener bottle or a bag of laundry.



Tennis Ball Squeeze - for forearms and hands

1. Put a tennis ball in your left palm and wrap your fingers around it.
2. Squeeze the tennis ball and hold for five seconds.
3. Relax your hand then repeat 10 times.
4. Switch hands and repeat.

*Handy tip: Many people use this exercise as a way to relieve stress.

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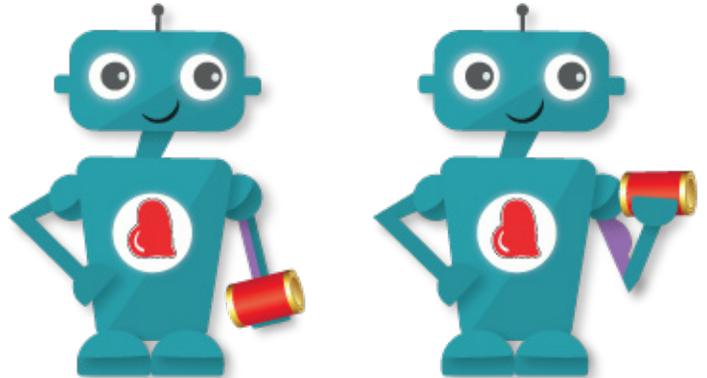
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Can Curls - for biceps

1. Stand tall holding an unopened canned good in your left hand.
2. Bend your arm at the elbow and curl the can towards your shoulder slowly.
3. Uncurl your arm down so it's parallel to your body.
4. Repeat 10 times on each arm.

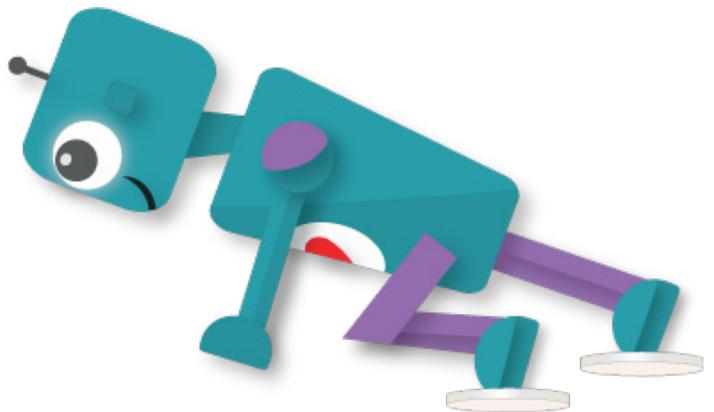
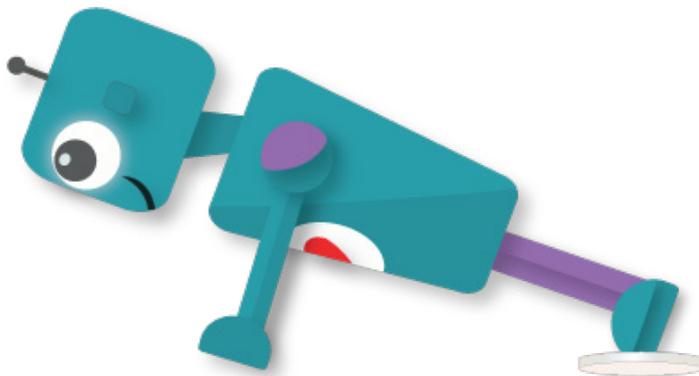
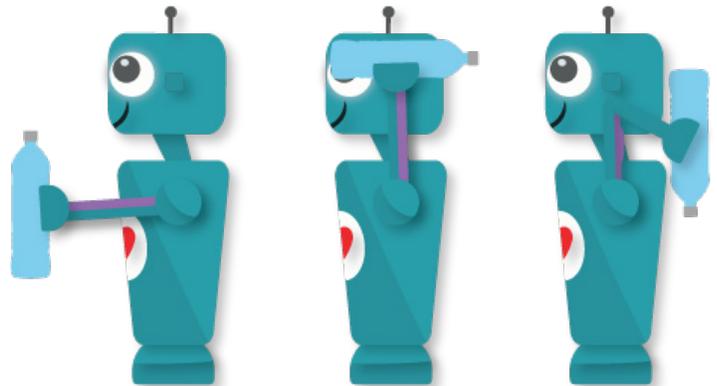
*Handy tip: Concentrate on using the right form when lifting the can, not how fast you can go.



Water Bottle Press - for triceps

1. Stand tall holding a full water bottle in your left hand.
2. Lift the bottle up to shoulder level, pause, and then continue lifting all the way up over your head.
3. When your arm is next to your ear, bend your arm at the elbow until the water bottle is behind your back.
4. Straighten your arm, lower, and repeat 10 times for each arm.

*Handy tip: Drink the water when you're finished exercising!



Yogurt Lid Mountain Climbers - for abdominals and shoulders

1. Put your hands on the floor and one upside down yogurt lid under each foot.
2. Straighten out your arms and extend your legs straight behind you.
3. Bring your left knee to your chest, then straighten it back out.
4. Bring your right knee to your chest, then straighten it back out.
5. Repeat as quickly as you can 20 times.

*Handy tip: This exercise also works with Frisbees, towels, and carpet squares if you don't have yogurt lids.

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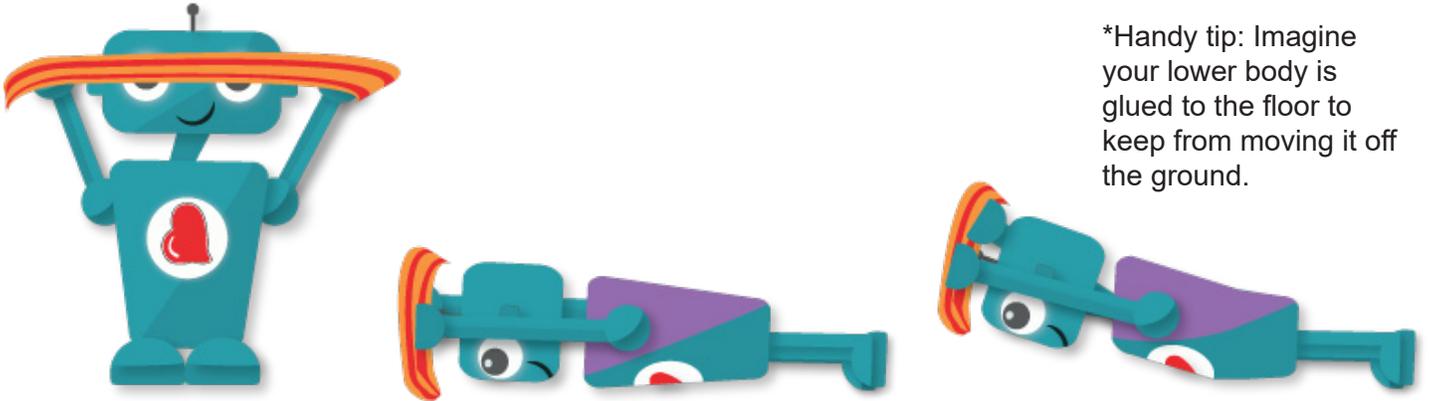
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Towel Back Extensions – for back

1. Roll up a clean towel and grab it on each end.
2. On the ground, lay on your stomach with legs and arms stretched out.
3. While still holding the towel, raise your arms and chest upward so only your lower body is on the ground. Be sure to keep your arms straight.
4. Lower your arms and repeat 10 times.

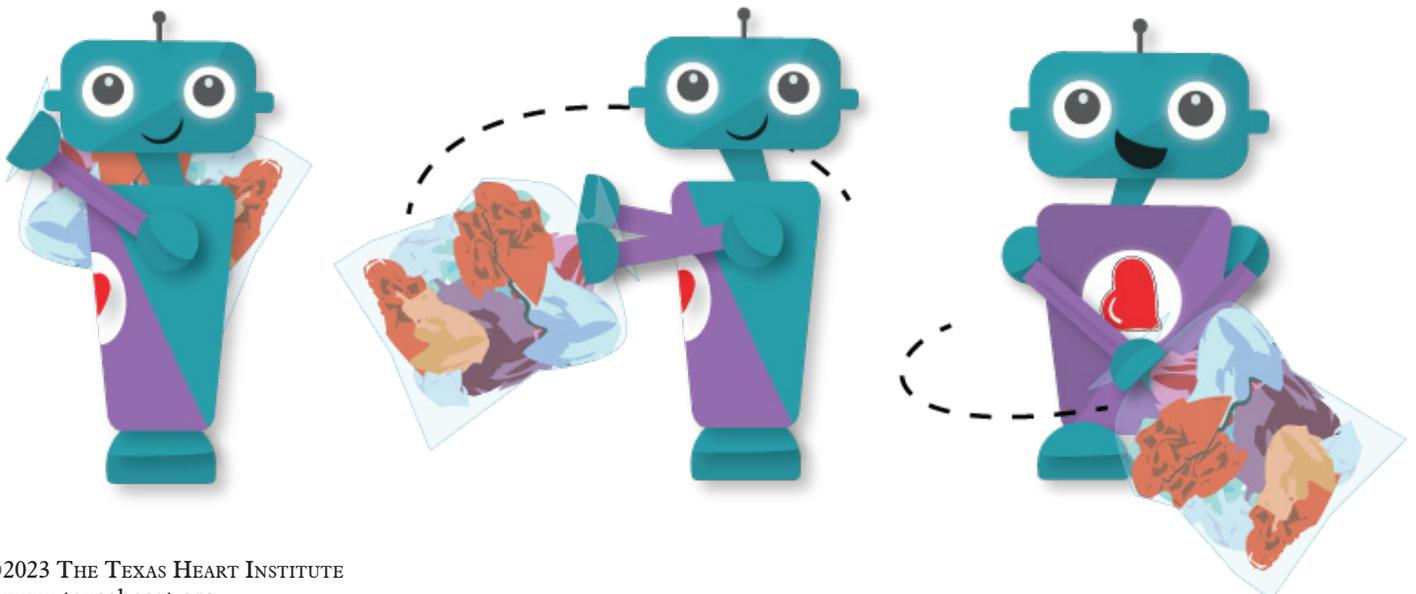


*Handy tip: Imagine your lower body is glued to the floor to keep from moving it off the ground.

Dirty Laundry Batting Practice – for arms and abdominals

1. Fill a bag of laundry with dirty clothes. Zip it tight or close with a drawstring.
2. Place your left foot in front of your right with shoulders parallel with your feet.
3. With both hands, hold the bag up over your right shoulder as if up to bat in a baseball game.
4. Swing the laundry bag, placing all of your weight on your front foot and pivoting your hips.
5. Repeat the swing 10 times, then switch sides.

*Handy tip: Make sure you have at least 5 big steps around you clear of furniture so you don't break anything.

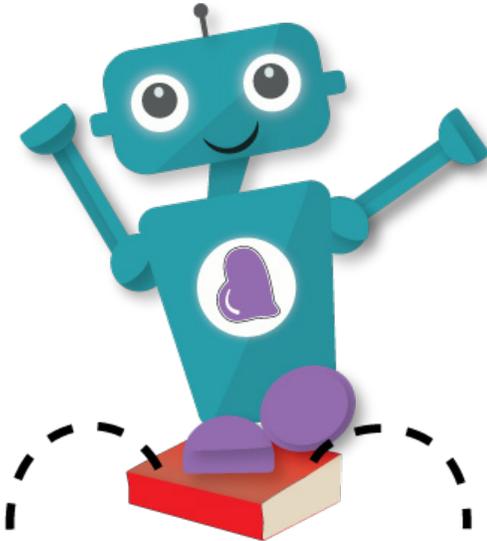


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Phone Book Step - for legs and heart

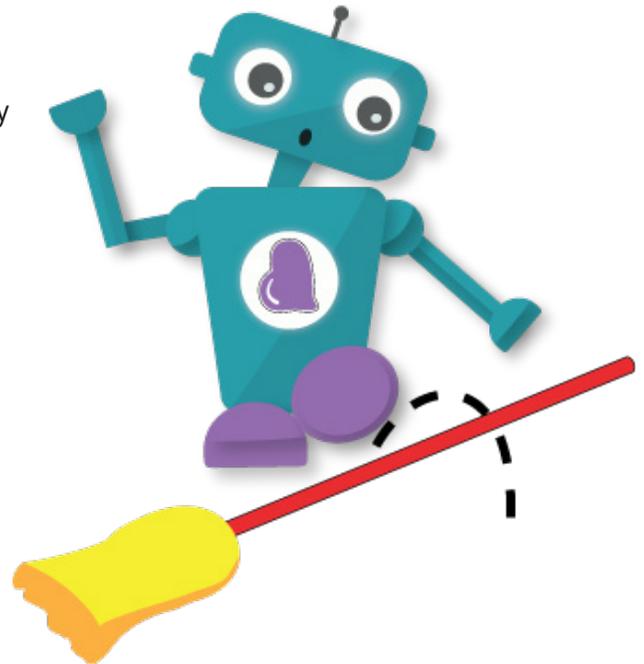
1. Place a thick phone book on a non-slippery floor.
2. Stand with feet together on the left side of book.
3. Step up onto the book with your right foot and then your left foot.
4. Step off the book with your right foot then your left foot. Both of your feet should now be on the right side of the book.
5. Repeat 25 times.
6. Now step front to back 25 times.

*Handy tip: If you don't have a phone book, you can use a tied bundle of newspapers or magazines. You can also use a low step stool or exercise stepper.

Broom Jump - for legs and heart

1. Place a broom or mop on the floor.
2. Stand with feet together on the left side of the broom, midway down the broomstick.
3. To warm up, step over the broomstick slowly with knees high. You should now be on the opposite side of the broom. Repeat 10 times.
4. Next, skip over the broomstick faster with one foot landing followed by the other. Repeat 25 times.
5. Finally, hop quickly over the broom with both feet landing at the same time. Repeat 25 times.
6. Cool down by skipping over the broom slowly with one foot landing followed by the other. Repeat 25 times.

*Handy tip: You can also use a mop or a yardstick if a broom is not available.



Take Your Finishing Pulse

1. Take your pulse a second time.
2. Compare this number to your starting pulse. Which number is higher? Why do you think one number is higher than the other?
3. Remember to print out your completion certificate for finishing the obstacle course. Great job!

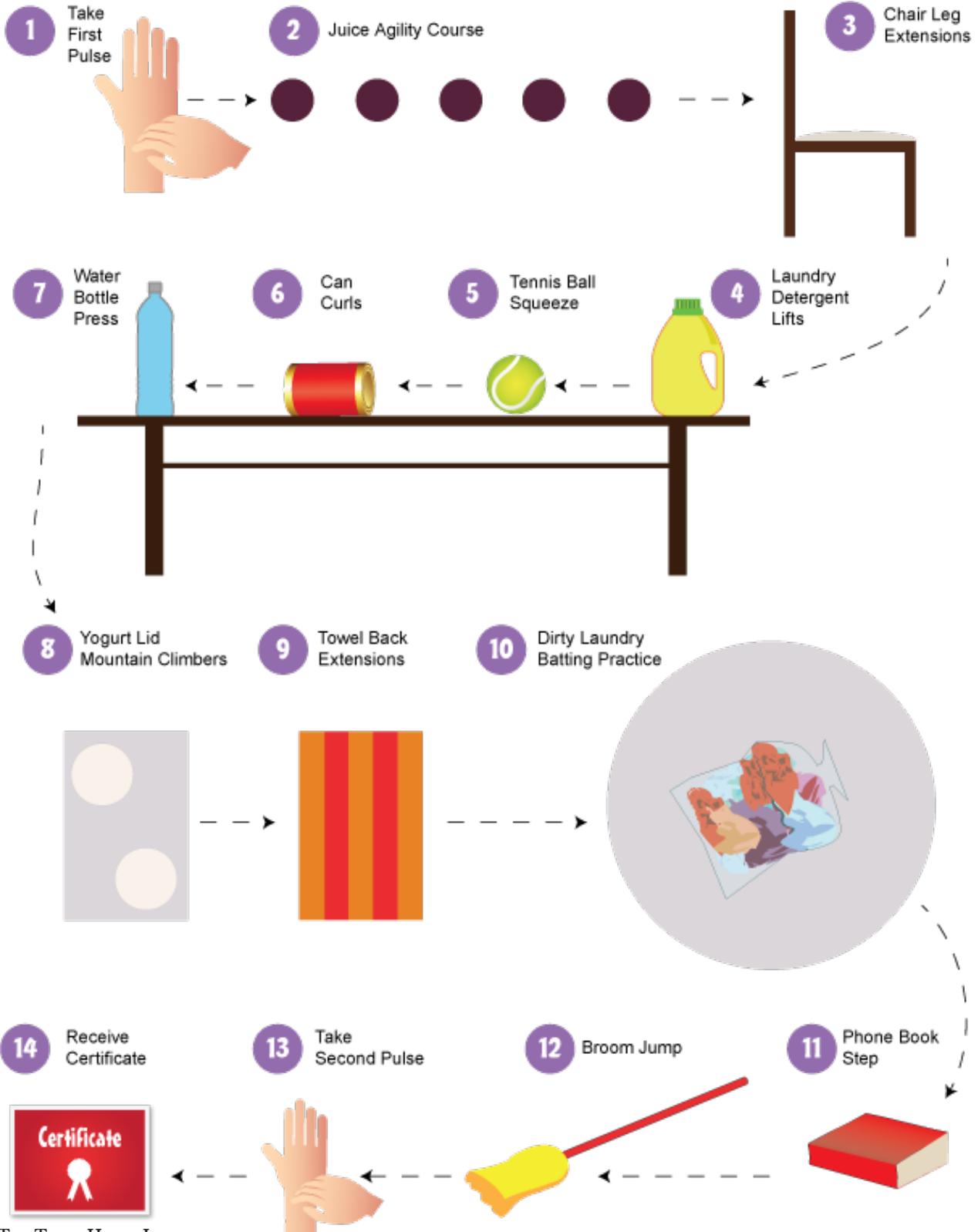


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 THE TEXAS HEART INSTITUTE®

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This certifies that

is a

HEART-SMART STUDENT

and has successfully completed
Cool-E's Household Obstacle Course.



Denton A. Cooley, MD
Founder and Surgeon-in-Chief
The Texas Heart Institute

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