

ALL YOU CAN EAT



FITNESS

EQUIPMENT >>>

- ✓ Calming music (optional)

SET UP >>>

- ✓ Participants quietly stand a safe distance apart from each other in the activity area.

ACTIVITY >>>

- ✓ Play calming music (optional) and turn down the lights.
- ✓ Ask participants to close their eyes and take five long, slow breaths.
- ✓ Ask participants to continue breathing calmly while thinking of their favourite healthy foods and how eating healthier foods makes their body feel. Do this for one minute.
- ✓ Call out different types of healthy food, such as bananas, pretzels, popcorn, broccoli, and apples. Ask participants to move their body (stretch/pose) to look like or mimic the food.
- ✓ Participants hold each position for 30 seconds to one minute, and then close their eyes and take five long, slow breaths.