**You’re in Control Exercise Class Choreography: Walking for Diabetes**

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| **Warm Up 5m**  **BPM 120-124** | **Legs** | **Arms** |
| 1m | Walk in place | Easy/natural |
| 1m | Step Touch | Easy/natural |
| 15s | Walk in place | Easy/natural |
| 30s | Alternating knee lifts | Easy/natural |
| 15s | Walk in place | Easy/natural |
| 30s | Alternating front kick | Easy/natural |
| 15s | Walk in place | Easy/natural |
| 30s | Hamstring curl | Easy/natural |
| 15s | Walk in place | Easy/natural |
| 30s | Walk forward 4x + walk backward 4x | Easy/natural |
|  | Walk in place | Easy/natural |
|  |  |  |
| **Work 1 10m**  **BPM 124-128** | **Legs** | **Arms** |
| 15s | Walk in place | Natural arms |
| 15s | Walk wide | Natural arms |
| 15s | Walk in place | Natural arms |
| 30s | Out-out-in-in | Natural arms |
| 15s | Walk in place | Natural arms |
| 1m | Walk forward 4x + walk backward 4x | Natural arms |
| 1m | Walk forward 4x + walk in place 4x  Walk backward 4x + walk in place 4x | Natural arms |
| 1m | Walk forward 4x + out-out-in-in  Walk backward 4x + out-out-in-in | Natural arms |
| 15s | Walk in place | Natural arms |
| 15s | Alternating front kick | Double arm reach forward |
| 15s | Walk in place | Half time reach up-down  Tempo reach up-down |
| 15s | Walk in place | Natural arms |
| 30s | Step touch | Open and close |
| 15s | Walk in place |  |
| 1m | Walk forward 4x + out-out-in-in  Walk backward 4x + out-out-in-in | Natural arms on walk + out-out-in-in arms match legs |
| 15s | Walk in place | Natural arms |
| 15s | Alternating knee lifts – bigger movement | Double knee touch |
| 15s | Walk in place | Natural arms |
| 15s | “fast feet” (double time) | Natural arms |
| 15s | Walk in place | Natural arms |
| 15s | “fast feet” (double time) | Natural arms |
| 15s | Walk in place | Natural arms |
| 30s | Walk forward 4x + walk in place 4x  Walk backward 4x + walk in place 4x | Natural arms |
| 30s | Walk forward 4x + out-out-in-in  Walk backward 4x + out-out-in-in | Natural arms on walk + out-out-in-in arms match legs |
| 30s | Walk in place | Natural arms |
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| **Work 2 10m**  **BPM 128-132** | **Legs** | **Arms** |
| 15s | Walk 3 + tap 1 | Natural arms |
| 15s | Walk 3 + tap 1 travel side to side | Natural arms |
| 15s | Walk in place | Natural arms |
| 15s | Alternating knee lift | Double hands touch knee > reach higher |
| 15s | Walk in place | Natural arms |
| 15s | Alternating side tap | Natural arms |
| 15s | Walk in place | Natural arms |
| 15s | Walk forward 4x + walk backward 4x | Natural arms |
| 15s | Walk in place | Natural arms |
| 15s | Walk 3 + tap 1 | Natural arms |
| 15s | Walk 3 + tap 1 travel side to side | Natural arms |
| 15s | Walk in place | Natural arms |
| 15s | Alternating knee lift | Double hands touch knee > reach higher |
| 15s | Walk in place | Natural arms |
| 15s | Alternating side tap | Natural arms |
| 15s | Walk in place | Natural arms |
| 15s | Walk forward 4x + walk backward 4x | Natural arms |
| 15s | Walk in place | Natural arms |
| 15s | Step touch | Elbows open-close |
| 15s | Double step touch | Elbows open-close |
| 15s | Walk in place | Natural arms |
| 15s | Double heel bounce “light” (jump rope) | Wrist circles |
| 15s | Walk in place | Natural arms |
| 15s | Step touch | Elbows open-close |
| 15s | Hamstring curl | Bent elbow pull back |
| 15s | Step touch | Elbows open-close |
| 15s | Alternating front heel taps | Alternating arm reach front |
| 15s | Walk in place | Natural arms |
| 15s | Step touch | Elbows open-close |
| 15s | Double step touch | Elbows open-close |
| 15s | Walk in place | Natural arms |
| 15s | Double heel bounce “light” (jump rope) | Wrist circles |
| 15s | Walk in place | Natural arms |
| 15s | Step touch | Elbows open-close |
| 15s | Hamstring curl | Bent elbow pull back |
| 15s | Step touch | Elbows open-close |
| 15s | Alternating front heel taps | Alternating arm reach front |
| 15s | Walk in place | Natural arms |
| 15s | Walk forward 4x + walk backward 4x | Natural arms |
| 15s | Walk forward 4x + out-out-in-in  Walk backward 4x + out-out-in-in | Natural arms |
|  |  |  |
| **Cool-down + Stretch5m**  **Bpm 120-124** | **Legs** | **Arms** |
| 15s | Walk in place | Natural arms |
| 15s | Walk wide | Natural arms |
| 15s | Hamstring curl | Long arm double side swing “light” |
| 15s | Walk in place | Natural arms |
| 30s | R Hip flexor/quad stretch - Step back “lunge” heel up, curl tail bone under | L shoulder stretch – arm across chest |
| 30s | R Calf stretch – from above, press back heel into floor, lean forward with chest up | L triceps stretch – palm on same shoulder, elbow towards ceiling |
| 30s | R Hamstring stretch – bring back heel forward, toes up; bend supporting leg/knee and sit back | Upper back stretch – both arms push forward, chin to chest |
| 30s | Low back – cat/cow -  1. feet neutral  2. knees bent  3. hands on thighs  4. long spine  5. tuck tailbone and round spine | Hands on thighs |
| 30s | L Hip flexor/quad stretch - Step back “lunge” heel up, curl tail bone under | R shoulder stretch – arm across chest |
| 30s | L Calf stretch – from above, press back heel into floor, lean forward with chest up | R triceps stretch – palm on same shoulder, elbow towards ceiling |
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**Teaching Tips**

* Use great music! Yes! Fitness has lots of SilverSneakers volumes. If you play the music via your phone you can use a tempo app to adjust the BPM to assist with slower and quicker walking speeds.
* If you can stay on the beat great, but it’s not absolutely necessary. Focus on safe transitions, holding the movement pattern, working bigger range of motion, and coming back to a recovery walking pattern (you will see that in between almost every movement change we come back to a brief walk).
* Maintain an upbeat and friendly presentation. The moves are simple with lots of time in holding patterns. Use the time to engage your group with positive, encouraging cues such as:
  + This is a great tempo to warm up our muscles.
  + Pump your arms a little more and get the blood flowing!
  + Walking outside is great. This indoor program moves your body in all different directions. You do not walk backwards too often but it is very important to train backwards movement.
  + After 15 minutes, let the group know that they just walked one mile! Great job!
  + With this indoor walking program, we don’t have to worry about the heat, the cold, rain or bugs! Just get up and move and walk with me!
  + A simple daily walk can help you manage your blood sugar.
  + If you are not already walking regularly, set a goal to walk 10 minutes every day. Increase that to 15m every other day.
  + What other goals can you set?
  + You are doing a great job!
  + Good walking posture is important. Lift your heart, move your shoulders back and down. Beautiful.
  + Your kicks look great! Lift your chest a little more. It is easy to start hunching forward. Use your upper back muscles to lift your chest. That’s it!

Write down your own encouraging statements or cues you would like to say in class.

* Smile! Relax. Have fun!
* Practice before you present. You will feel much more confident. It also helps with timing.