



New Moves

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Discover How
'Good for You'
Can Be Fun to Do!



TRY New Moves
with Disney
Magic of
Healthy Living!



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Find What Moves You



TRY New Moves with Disney Magic of Healthy Living and you'll discover things that are 'Good for You' are also fun to do! From yoga moves you can do at home to cool moves you can do on the pavement or at the park, you won't know what will move you till you TRY It!

Yoga Moves

You don't need a huge yard or even a huge room to TRY New Yoga Moves! Just clear some space (so you don't bump into any furniture). Born in ancient India, yoga can be defined by its asanas (a Sanskrit word referring to yoga's poses or moves).

There are hundreds of yoga moves to learn, but here are a few to get started:



• **Plank**- From a standing position, lower yourself to a push up and hold (keeping your back straight like a long plank of wood). The trick is to breathe deeply while holding the pose. Try it for 5 deep breaths and gradually work up to more! Plank move strengthens your whole body.



• **Downward Dog**- From Plank position, push your hips back and your heels toward the floor and hold for Downward Dog (watch dogs as they get up from a nap, they stretch like this too). Breathe deeply while you hold the pose for 5 full breaths (or more)! Downward Dog gets the blood flowing to all the organs in your body.



• **Crescent**- From Downward Dog, step one foot forward between your hands, raise your arms up toward the sky, then repeat putting the opposite leg forward. Hold each pose (one per side) for 5 deep breaths or more. Crescent releases tension throughout your body.

As practiced for thousands of years, it's customary to end yoga with a move called Namaste (pronounced Nah-mah-stay). Put your hands together at your heart, bow and say "Namaste," meaning: "the spirit within me honors the spirit within you." Kind of like saying "thank you!"

The Good News About Yoga Moves

When you're movin', your body and mind work better together and are more likely to:

- Have energy
- Feel good about yourself
- Be ready to learn new things
- Feel less stressed
- Build healthy bones, muscles & joints
- Get better Zzzz at night



SAFETY TIP

Always get your parents help or permission before attempting the moves above—they might just want to join you!

Want to learn more? Check out:
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Signature Moves

Whether you're out on the sidewalk, at school, or a local park, you can get creative and make up your own moves. Just start with one of the moves below, and add your own style to make it your "signature" move!



HIP HOP ROBOT WALK

You can express your style and get movin' with hip-hop moves and your favorite tunes. The Robot Walk is a fun hip-hop dance move to TRY. Go for slow-mo to be dramatic or speed it up for fun!

DANCE MOVE

INSTRUCTIONS

- 1) Practice walking with your arms and legs in full motion, paying attention to the movement of each limb.
- 2) Then, slow it waaaay down, and break it down, robot style. How? Start by stiffening up and coming to a full stop at the end of each little movement (this will give your moves that robotic effect).
- 3) Practice each part of the movement until you feel the true robot in you!

PERSONALIZE IT

- What kind of robot are you? At the end of each step, add your own style with a head nod, a wink or a tip of your hat.
- Want to connect with your audience? How about a robot wave, high five or a thumbs up? Break down the movement you choose, just like a robot would!

SAFETY TIP

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BASKETBALL MOVE

FIGURE 8 DRIBBLE DRILL

Ball handling skills are a great way to practice hand-eye coordination and improve your game. Get dribbling down to perfection and get those hands moving with the Figure 8 drill!

INSTRUCTIONS

- 1) Stand with legs far apart and knees bent.
- 2) Begin dribbling the ball clockwise with your right hand around your right leg and then counterclockwise around the left leg forming a Figure 8 motion. Continue till you've minimized any ball drops and stops.
- 3) Then, practice going the opposite way with your left hand. Soon you'll be a dribble-master!

PERSONALIZE IT

- Make your Figure 8s more fun by adding a bit of your personal touch. Try adding in some dance moves like a hip shake or a head bob.
- Sing your favorite song as you make Figure 8s.
- Get a friend or parent to join you. At the end of each Figure 8 completion, switch balls with a "1,2, 3 pass!" See how fast you can go.

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SKATEBOARD MOVE

DO A MANUAL

Tony Hawk had to start somewhere and so can you! Want to master a super sweet skateboard move? Learn how to do a Manual. This move is all about keeping your balance—so remember to wear your helmet and pads for protection (and any other time you board). Also, make sure you have lots of flat, smooth ground in an open, car-free area to practice on like a long driveway, empty parking lot or a long stretch of sidewalk.



INSTRUCTIONS

- 1) Foot position is key—make sure your back foot is covering the tail of the skateboard, and the ball of your front foot is behind your front wheels.
- 2) Get yourself going at a comfortable speed and slowly shift your weight toward your back foot, while slowly leaning a bit forward, toward the nose of your board. (DO NOT lean back or you're sure to wipe out.)
- 3) Hold your arms out, because this move can make you feel like you're losing your balance. As you improve, that feeling will start to feel right.
- 4) Once you've completed the Manual, shift your weight back to your front foot and put the front wheels down.

PERSONALIZE IT

- Think you have mastered the Manual? Now TRY to see how far you can go—10 feet, 20 feet, how about 100?
- Add a hand-gesture or dance move to your Manual—can you move your arms like an Egyptian?
- Want to put your own spin on this move, literally? Try to rotate your board clockwise while doing the Manual.

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Outdoor Moves

Move over indoor fun, it's time to take your moves outside! Fresh air, trees and wildlife are calling you to try New Moves in an open space. Here are a few outdoor moves just waiting for you.



✓ **Take a Nature Trek-** Exploring the wilderness or even walking around the block opens your eyes to what's around you—discover new plants, trees, birds and bees—all while gettin' movin'. Walking and hiking can improve heart health and build stronger bones.

✓ **Take a Dip-** Going for a swim at a lake or pool builds strong muscles and burns loads of calories. Plus splashing around is fun to do!

✓ **Go for a Ride-** Hopping on a bike, scooter or skateboard is a blast, plus it will take you where you're going, and fast. Wheels will also get your heart pumping. Remember to always wear a helmet, and padding for more protection, if possible.

✓ **Just Play-** whether you play Frisbee, organize an obstacle course, try geocaching, or do an old fashioned foot race with friends, playing outside brings out your creativity while your lungs bring in fresh air.

SAFETY TIP

Always get your parents help or permission before attempting the moves above—and encourage them to join you!



**Make New Moves
a part of your life
to see what moves you!**



Things to Bring for Outdoor Moves

- Plenty of water (it's important to be hydrated)
- Healthy snacks (like nuts or fruit)
- Sunscreen
- Proper Clothes for the weather (hat, gloves, rain jacket, sneakers)

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