

LAP STATION CARDS

# Lap Station 1

<b>Lap 1:</b>	<b>Breath Count to 5</b> [Breathe normally – quiet and slow – count 1 on 1 <sup>st</sup> exhale, 2 on 2 <sup>nd</sup> exhale, continue to 5]
<b>Lap 2:</b>	<b>15 Plank Jacks</b>
<b>Lap 3:</b>	<b>Breath Count to 5</b> [Breathe normally – quiet and slow – count 1 on 1 <sup>st</sup> exhale, 2 on 2 <sup>nd</sup> exhale, continue to 5]
<b>Lap 4:</b>	<b>30 Plank Jacks</b>

**Physical activity increases the product of endorphins.**

Endorphins are neurotransmitters that interact with the receptors in your brain and trigger positive feelings. They also reduce the perception of pain and can naturally boost your overall mood.

LAP STATION CARDS

## Lap Station 2

Lap 1:	4 Plank Rotations
Lap 2:	4-7-8 Breathing [Inhale to a 4 count, Hold for a 7 count, Exhale to an 8 count]
Lap 3:	4 Plank Rotations
Lap 4:	4-7-8 Breathing [Inhale to a 4 count, Hold for a 7 count, Exhale to an 8 count]

### **Physical activity is movement-based meditation.**

Most meditation experts agree that the practice involves focused thought on a sound, object, or breath pattern in order to increase awareness of the present moment. Physical activity provides that same type of focus, with all of your thoughts concentrated on the movement of your body and its interaction with a dynamic activity environment. This can help you reduce stress, and enhance personal growth and creativity.

LAP STATION CARDS

## Lap Station 3

<b>Lap 1:</b>	<b>Breath Count to 5</b> [Breathe normally – quiet and slow – count 1 on 1 <sup>st</sup> exhale, 2 on 2 <sup>nd</sup> exhale, continue to 5]
<b>Lap 2:</b>	<b>20 Half Jacks (Legs Only)</b>
<b>Lap 3:</b>	<b>Breath Count to 5</b> [Breathe normally – quiet and slow – count 1 on 1 <sup>st</sup> exhale, 2 on 2 <sup>nd</sup> exhale, continue to 5]
<b>Lap 4:</b>	<b>30 Half Jacks (Legs Only)</b>

### **Exercise can improve your sleep.**

Regular daily physical activity can improve the quality and duration of sleep. Sleep is critical to the brain and allows the muscles, bones, and organs a chance to repair themselves. It also keeps our immune system healthy. Aside from critical memory consolidation functions, sleep also allows your brain to literally clean out waste accumulated throughout the day and start fresh when we wake up. Not getting enough sleep affects a person's memory, judgement, and mood.

## LAP STATION CARDS

## Lap Station 4

Lap 1:	15 Second Plank
Lap 2:	4-7-8 Breathing [Inhale to a 4 count, Hold for a 7 count, Exhale to an 8 count]
Lap 3:	30 Second Plank Hold
Lap 4:	4-7-8 Breathing [Inhale to a 4 count, Hold for a 7 count, Exhale to an 8 count]

### Exercise boosts self-confidence.

It seems obvious that exercise can help boost self-confidence. Research agrees! It doesn't matter what type of exercise you do, as long as you're physically active on a regular basis. Some of the benefit is caused immediately by endorphins, and overtime through improvement to a person's body image. There may even be greater improvement for those who are active with friends or family members.