

CORE SLIDERS

A SIMPLE WAY TO LEVEL UP ANY SEATED OR STANDING ACTIVITY!

HOW TO USE

- **Equipment needed:** Core sliders, chairs
- **Players needed:** On your own or in a group
- Clear a space around a chair
- Sit nice and upright, in middle of chair (not at the back)
- Move one leg at a time unless you are doing opposite movements like front slides or big circles
- You should hold onto the chair if you need to, but try to progress to no support
- Place only light weight on the slider. The other leg will be slightly bent at the knee, but weight should be kept over this leg for stability, not the one that's sliding
- Don't forget to use this equipment in other games such as Activity Bingo or Active Monopoly!
- The activities listed to the right are all seated

UP FOR A CHALLENGE?

- Try the exercises standing instead of seated, with one leg at a time only.
- No core sliders to hand? Follow along to Mary's 'Duster Day' video which uses dusters instead!
- It's advisable to hold on to a chair or rail unless you are very stable.



SCAN ME

Duster Day Video
bit.ly/DusterDayVideo



MIX IT UP!

Side Option

- Slide alternate feet to the side and back
- Press lightly on the slider to keep it in place but not hard enough to fix it to the floor
- Keep weight over both sit bones. Do not swing the top half of your body to do this, make your legs do the work!

Front Option

- Slide alternate feet to the front and back
- A harder option is to slide feet alternatively out and back at the same time (this is a counterbalance)

Circles Option

- Slide alternate feet in a big circle to the side and front
- A harder option is to do both feet at once
- You can try in both directions (mirroring the feet)