

LUNG FORCE Walk Training Guide

	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1	Walk 20 minutes or 1 mile	16-minute strength training: Low-Impact Legs	Walk 20 minutes or 1 mile	Rest	10-minute strength training: Low-Impact Arms	Walk 20 minutes or 1 mile	Rest
Week 2	Walk 25 minutes or 1.25 miles	Yoga Power #1	Walk 25 minutes or 1.25 miles	Rest	10-minute cross-training: Low-Impact Cardio	Walk 25 minutes or 1.25 miles	Rest
Week 3	Walk 30 minutes or 1.5 miles	10-minute cross-training: Pilates Core Blast	Walk 30 minutes or 1.5 miles	Rest	16-minute strength training: Low-Impact Legs	Walk 30 minutes or 1.5 miles	Rest
Week 4	Walk 35 minutes or 2 miles	10-minute strength training: Low-Impact Arms	Walk 35 minutes or 2 miles	Rest	Yoga Power #2	Walk 35 minutes or 2 miles	Rest
Week 5	Walk 40 minutes or 2.5 miles	10-minute cross-training: Low-Impact Cardio	Walk 40 minutes or 2.5 miles	Rest	10-minute cross-training: Pilates Core Blast	Walk 40 minutes or 2.5 miles	Rest
Week 6	Walk 30 minutes or 3 miles	Yoga Power #3	Walk 20 minutes or 1.5 miles	Rest	Rest	Rest	LUNG FORCE WALK!

Yoga Power is a new school-based initiative with a three-pronged approach: **education, physical activity, and fundraising**. It is a fun way for children to learn about and support the fight against lung disease and to help promote healthy lungs.

By practicing yoga, children learn how to exercise, discover the power of their breath, develop confidence and strengthen the mind-body connection. Children enjoy amazing benefits from yoga, both physically and mentally. Yoga Power includes education about the importance of proper lung health and will teach healthy breathing practices to every child. It is accompanied with a unique opportunity for students to raise money and earn incentives.

Target Audience: K-5 graders

Target Implementer: PE teachers or other faculty such as Principal, Nurse, or other lead Teacher

- Ideally the program will take place in October, National Lung Health Month, but can take place at any time convenient for the school.
- Yoga Power is designed to be a four-week program, starting with a school wide kickoff with educational lesson plans and fundraising taking place throughout the following four weeks.
- Includes easy to use collateral, website and fundraising app.
- Kids can earn great incentives. They receive a wristband for registering and a keychain for their first \$5 donation. The remaining items will be shipped in bulk to the schools for distribution once the initiative is complete.
- Schools earn back 7.5% of all donations.

Weekly Lesson Plans:

Lesson 1: Dr. Seuss Theme: General Lung Health

Lesson 2: Around the World Theme: Tobacco Prevention

Lesson 3: Garden Theme: Air Quality

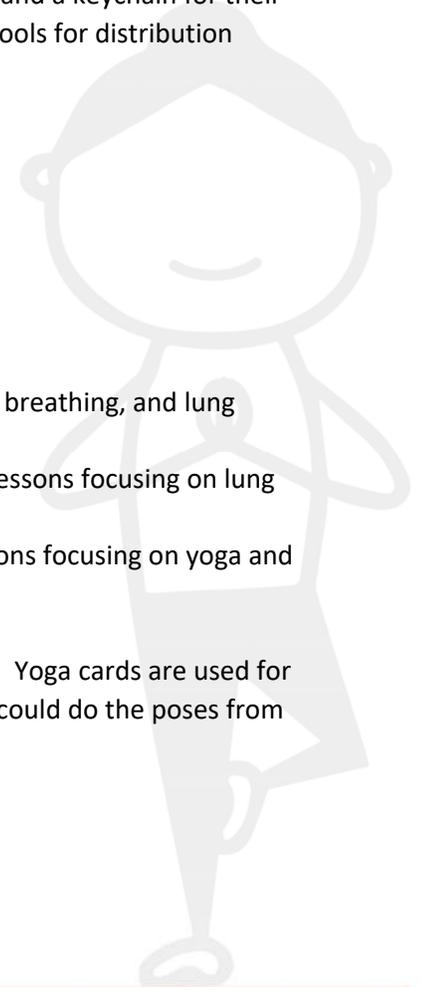
Lesson 4: Sports Theme: Asthma Education

Physical Education Lessons: (4) 45 minutes to an hour focusing on yoga, proper breathing, and lung health.

Lung Health Education Lessons: optional, (6) 45-minute lung health education lessons focusing on lung health, and proper breathing.

Classroom Breathing and Mindfulness Lessons: optional, quick 3-5-minute lessons focusing on yoga and proper breathing.

Yoga cards: Over 20 poses are incorporated into the physical education lessons. Yoga cards are used for various activities to help teach poses, and they are simple enough that the kids could do the poses from the pictures alone.



YOGA POWER TRAINING #1

By practicing yoga, children can learn how to exercise, discover the power of their breath, develop confidence, and strengthen the mind-body connection. Children enjoy amazing benefits from yoga both physically and mentally. We encourage you to practice the following five poses with your family. Hold each pose while taking 3 deep inhales, followed by 3 deep exhales.



Table Top Pose



Cat Pose



Cow Pose



Down Dog Pose



Cobra Pose



YOGA POWER TRAINING #2

By practicing yoga, children can learn how to exercise, discover the power of their breath, develop confidence, and strengthen the mind-body connection. Children enjoy amazing benefits from yoga both physically and mentally. We encourage you to practice the following five poses with your family. Hold each pose while taking 3 deep inhales, followed by 3 deep exhales.



Mountain Pose



Chair Pose



Warrior I Pose



Warrior II Pose



Star Pose



YOGA POWER TRAINING #3

By practicing yoga, children can learn how to exercise, discover the power of their breath, develop confidence, and strengthen the mind-body connection. Children enjoy amazing benefits from yoga both physically and mentally. We encourage you to practice the following five poses with your family. Hold each pose while taking 3 deep inhales, followed by 3 deep exhales.



Butterfly Pose



Pretzel Twist Pose



Lions Breath Pose



Table Top Pose



Child's Pose

