

The Bean Bag Workout

An activity from our friends at liveitwell.org.uk



Overview

The Bean Bag Challenge is a fun activity designed to get people active, improve balance and move in a controlled way.

Why do this?

Improving balance [reduces the risk of falls](#) and improves physical health through better posture and stability.

Instructions

Stage One: The Bean Bag Balancing Act:

Stand up and place a bean bag on top of your head. Try and do the following actions without the bag slipping off your head:

-  Turn in a circle. You can do it as slowly as you like
-  Stand on one foot for as long as possible, without leaning against anything
-  Sit down on a chair and then stand up
-  Walk from A to B (marked out on the floor in masking tape)
-  Jump as high as you can.

Now you've warmed up and got used to the bag, try stage two as a group.

Stage Two: Unfreeze a friend

-  Every player in your group puts a bean bag on their head and repeats the movements listed above, keeping the bag balanced
-  Speed up if you can!
-  If at any point the bag falls, the player concerned must let it drop to the ground and freeze
-  Other players can help frozen players by picking the bean bag up off the ground and handing it to the frozen player to put back on their head and move again. However, the helpers must do this with their own bean bags intact!
-  The winner is the person who has remained 'unfrozen' for the longest

