



OFF TO THE BIG *Game*

JUGAR | LIFE

Off to the Big Game

Cooldown adventure story

It is the school holidays and the kids are driving you crazy. Where do they get all the energy? Time to get them out of the house and what do you know, there is a major football (soccer) match on at the MCG. Australia is playing England in a friendly for world cup preparation. Let's start getting ready. Proper preparation is the key here for the kid's welfare and your own, so make sure you listen to all the instructions so we can have a great day!

Instructions

- First thing you need to do is pack a bag of food and clothes. You need to look down deep in the pantry for the snacks. Complete a squatting groin stretch so that you can see all the food options.
- Out to the car to get ready to head down to the train station. You have recruited the neighbours' kids as well so you start throwing them all in. Keep your legs still and rotate your torso from side to side ten times, holding for 5 secs each time. This should help to get everyone in the car.
- It's driving time. Complete a 30 second seated hamstring stretch each side to reach the pedals. Don't ride the clutch!
- You get on the train and all the seats are taken up. Hold arms out in front and extend arms and shoulders forward for 30 seconds so that you can reach the pole to hold on and not fall over.
- You get to the game and your littlest child can't see. Stand up tall, reach to the sky and hold so that the little tacker can see over the tall people.
- Are these seats made for adults? It is so cramped in here. Lay on your back and hug your knees to your chest so that your knees aren't on the seat in front of you.
- There's an old friend from high school there and he has just invited you into his corporate box. Absolute luxury, so much room and couches to watch from. Even enough space to lay down, except you need to pull your legs up to allow someone to sit on the end. Lay on your side and complete a quadriceps stretch. That should allow enough space for more people to sit.
- It's half time of the game and the team has come out for a stretch. What's happening here? In the style of Merv Hughes, the famous Australian cricketer, the players are all facing the crowd and urging them to join their stretching. Complete alternating side stretches with your favourite players.

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- Australia have just gone up 1-0 in the 90th minute. Get into a star shape and stretch up to the sky to celebrate this monumental occasion.
- All this excitement, you need to lean against the wall and relax the heart rate a bit. Perform a calf stretch against the wall. One minute should be enough to slow down the adrenaline.
- Time to walk back to the train after celebrating an amazing win. Walk 100m at a slow pace. No rush, the trains are going to be packed.
- The kids are all wrecked, such a great day out and they have finally run out of energy. Time to tuck them all in. Bend down and touch your toes as if you are putting them all in their tiny beds.
- Such a great but tiring day, time to get some rest yourself. Lay on the ground, eyes closed and stretch your arms and legs out. Stay in this position as long as you need to until you feel relaxed and rejuvenated, you've earned it!