Everybody, Somebody, Nobody and Anybody

Source: Saskatoon *in motion*

Equipment: tent cards for the tables to indicate groups
words to the story
microphone (for large groups)

Space: participants can be seated around a table or in rows
limited space required

How to:
- Randomly assign tables to one of four groups (*Everybody, Somebody, Nobody and Anybody*) using the tent cards. Place tent cards on the table ahead of time.
- Explain that participants will begin this activity sitting and each time they hear their table's label in the story they will stand up and sit back down.
- To prepare participants to alternate between standing and sitting provide them with the following cues:
  - Sit on the edge of your chair.
  - Sit tall with ears over shoulders, shoulders over hips.
  - Put feet flat on the floor.
  - Use the arms on the side of chair or table top for support if needed.
  - Use your leg muscles and avoid bending forward at the waist.
  - If some participants cannot stand and sit easily, you can have them raise their arms instead.
- After the story, have everyone stand and do a gentle back stretch (p. 9).
Story:
This is an in motion story about Somebody, Anybody, Everybody and Nobody. Long ago Somebody told us that being “in motion” is good for us, but Nobody knew who it was. Everybody knew that being “in motion” would bring great benefits to Anybody who is looking for a healthier life.

Today, Everybody will embrace the benefits of being “in motion” and Nobody will be left behind. Anybody that has any doubts as to what being “in motion” can do for them will just have to talk to Somebody here today.

Some of the benefits of being “in motion” offered to Everybody are better health, improved fitness, better posture, improved relaxation and reduced stress. Wow, this physical stuff is not just Anybody’s business. Therefore, Somebody needs to tell the world that being “in motion” is the number one way to live a healthy long life. Nobody needs to know what is second when you have “in motion” around.

Last week Somebody asked the question: Is it too late for me to get “in motion”? Well Anybody, and Everybody should now know this answer. Nobody should get this answer wrong.

So as we move forward into the next decade, the future is bright for Somebody, Anybody, Everybody and Nobody should be disappointed with getting “in motion”. Physical Activity – Do it for Life!

After the Story:
Have everyone stand and do a gentle back stretch.
Here is one suggested stretch:

Back Stretch
• Sit tall.
• Clasp hands together, rotate wrists and press arms directly out in front.
• Hold for 10 seconds (as shown).

Alternate
• Clasp hands together, rotate wrists and press palms toward the ceiling.
• Add a slight lean to one side, hold for five seconds.
• Repeat in the opposite direction.