

MAKE **EXERCISE** MATTER

Demonstration and Leading By Example



THE CHALLENGE

For Duty. For Life. Exercise can be a powerful tool to influence the things we do outside an exercise environment, particularly when an emphasis is placed on execution.

Record a video of yourself performing a job task and activity of daily living (ADL) that could be influenced by participating in an exercise program. In addition, record yourself performing two exercises that would help to reinforce and/or improve the execution of the job task and ADL.

INSTRUCTIONS

- Choose 1 of the 5 job task / ADL combinations listed below and record a video of yourself performing from 2+ angles (can be simulated).
 - Hose drag / Vacuum
 - Force door / Rake lawn
 - Carry ladder / Carry groceries
 - Breach ceiling / Garden
 - Get off truck / Climb stairs
- In a separate video, record yourself performing 2 exercises that help to reinforce and/or improve the execution of the 2 tasks from above.
 - Provide real-time verbal instructions to guide the viewers' observations as you perform each exercise.
 - For each exercise, briefly describe how it would help the execution of the job task and ADL.
 - Position the camera to capture all relevant perspectives and any key movement characteristics.
- Combine the two videos into one file.

GRADING CRITERIA

- ✓ Job task and ADL are executed appropriately and shown from multiple angles
- ✓ Two exercises are executed appropriately and shown from multiple angles
- ✓ Real-time instructions are provided and appropriate
- ✓ Video quality (able to see all relevant items)
- ✓ Audio quality (able to hear/understand)
- ✓ One video file

SUBMISSION GUIDELINES

Submissions should be formatted as a video file (.mp4, .mov, .mkv etc.) or shared as a video link (hosted on Dropbox, YouTube etc.) Submission details will be shared with the launch of the Fit To Thrive member portal.