

Armchair Adventures: A Join-in Story Podcast For Kids

A Planet Exercise Adventure!

Part 1

Connie: Welcome to the Armchair Adventures Travel Agency, journeys of the imagination. I'm Head Travel Agent and Host, Connie!

Music: Armchair Adventures Theme.

Connie: Good morning, good afternoon, or good evening wherever you're listening from, adventurers!

The voices of today's join-in-at-home Adventurers are...

Adventurers: Saying their names.

Connie: Hi everyone.

Adventurers: Hi Connie.

Connie: Did you know that we have loads of super fun activity sheets that go with every episode of Armchair Adventures? And better yet, they're all free to download on our website. So, to all the grown-ups listening, visit www.armchair-adventures.co.uk and click on the resources page to find them!

Scene 1

Connie: Hi Adventurers! You've caught me in worry mode today. Recently, my Nanna Debs has been told she has Parkinson's. That's a condition that affects the brain and how you move.

She seems to be doing ok at the moment, but I'm really worried about what might happen next. What if she changes? And things become different? I'd just really like to help her *stay* well if I can...

SFX a door flying open and workout music blasting in, we hear the footsteps of Uncle Chris and Nanna Debs matching their workout examples. Uncle Chris and Nanna Debs chatting about their routines- 'what about 5, 6 7, 8 stretch, stretch, stretch? I was thinking more get in line and walk two three four!

Connie: Nanna Debs! Uncle Chris! What are you doing at the travel agency?

Debs: Hi Connie, love! Have you come to help us plan our exercise class?

Connie: Exercise class?!

Debs: That's right! I've always liked being active, and since I found out I have Parkinson's, I've been worried about not being able to exercise as much as I used to. But I'm determined not to let it stand in my way.

Uncle Chris: Mum has loads of trophies. She's a hotshot dancer, don't you know! Me and your Dad went to all her competitions as kids, Connie!

Connie: No way!

Debs: That's right! 90's dance music was my speciality, believe it or not! Adventurers, show me your best dance moves!

SFX Ding.

SFX 90's dance music

Adventurer: I'm Raving!

Adventurer: Pass the glowsticks!

Adventurer: Look at my moves.

Adventurer: Does the Macarena count?!

Adventurer: I'm getting my groove on! Woo-hoo!

Debs: And exercise can help people with Parkinson's feel better, just like medicine.

Uncle Chris: That's why we've decided to team up with your lovely customers and some new friends from Parkinson's UK to do our very own exercise class. Right here in the Armchair Adventures travel agency!

Connie: Hang on! So, exercise will help you to stay well Nanna Debs?

Debs: Absolutely.

Connie: (to herself) Then this is super important...

Uncle Chris: Better yet, it's going to be on TV! A live broadcast this afternoon. They're coming with all the cameras, lights and everything. Me, your Nan and all your customers on live TV. Woohoo! So, we need to crack on with the planning.

SFX he blows a sports whistle.

Debs: Right you are, son! But take it easy with that whistle, you'll have our ears off! Won't he, Adventurers!

SFX Ding.

Adventurer: I think it blew my ears off!

Adventurer: You could hear that in space!

Adventurer: My ears are ringing!

Connie: Aw, what! Why didn't you tell me? I wanna be on TV!

Debs: Well, you're welcome to help us plan it too, our Connie.

Connie: Err, I'd like to... though if I'm honest, I don't really know a lot about exercise... But if it keeps you healthy, I definitely want to help!

Debs: Then why don't you take us on one of your armchair adventure thingies so you can learn more about it?

Connie: Great idea!

SFX a sports whistle blow.

Uncle Chris: Hang on you two, are you sure we have time for an adventure?! The TV crew will be here in an hour!?

Debs: Don't worry, son, it will actually help us... We can plan the workout routine for the live broadcast at the same time! Now our Connie... get those customers on the line.

Connie: Right you are, Nanna Debs! On an Armchair Adventure, we can go anywhere we like from the comfort of where we are right now, so they're perfect for everyone, no matter what age you are. Start. Call. Now.

SFX phone ringing.

Connie: Hi everyone.

Customers: Various hellos.

Hazel: Are we off on an adventure?

Connie: Definitely, My Uncle Chris and Nanna Debs are hosting an exercise class. So, we're going on an armchair adventure to learn about different types of exercise to help us plan it.

Pat: Sounds fun.

Debs: And I'd like to introduce my friends from Parkinson's UK, Chris, Bill and Michelle.

C/B/M: Hi everyone.

Customers: Nice to meet you etc.

Uncle Chris: Is everyone in their workout gear and ready to go?

Customers: Yes! Can't wait, etc.

Chris: I'm in my day glow orange 80's shellsuit.

Customers: Ooh, very cool!

Pat: I've got my best purple sparkly tracksuit on, with matching leg warmers.

Customers: Ooooooh!

Steve: And I've got my special biscuit pants on.

Bill: Biscuit pants?!?

Steve: That's right! They have a spring-loaded pocket down the side full of my favourite snacks!

Ada: Then we know who to come to when we need an energy boost.

Uncle Chris: What does your workout gear look like, adventurers?

SFX Ding.

Adventurer: I'm wearing my footie kit! Ciiiity!

Adventurer: Mine will be all purple and matching.

Adventurer: Mines got built in music to keep me going!

Adventurer: There's stripes on mine that make me run even faster!

Connie: They sound amazing! Then let's get going. A journey of the imagination, here we come.

Scene 2

SFX of planet exercise - gym machines, a workout instructor shouting instructions, lively music.

Michelle: Wow, where are we, Nanna Debs?

Debs: Why, Planet Exercise of course! What better place to learn about loads of different types of workouts?

Pauline: A whole planet! Amazing. I thought we would just be going to your gym.

Connie: There's so much to see! There's a friendly robot giving out exercise gear.

SFX Robot. The moving of its limbs, buzzing, etc.

Robot: How can I help you? I have sweat bands, hula hoops, everything you need.

Russ: People working out.

SFX grunting and panting, maybe some woops!

Alec: All kinds of different exercise machines.

SFX weights clanging, rowing machines being pulled, treadmill, bike.

Linda: Everything looks so clean too.

SFX a ding-like sparkle sound.

Cyril: And I love the different kinds of music being played!

SFX a blast of aerobics music

Uncle Chris: What can you see on planet exercise adventurers?

SFX Ding.

Adventurer: There's robots serving energy drinks!

Adventurer: Loads of people working out.

Adventurer: There's loads and loads of treadmills.

Adventurer: So many different things to try!

Adventurer: Big speakers playing cool music!

Debs: And the planet is broken up into three zones: Light, Medium, and Tough.

Pauline: All linked together by a big travelator!

Lily: Like at the airport.

Hazel: This is great, like a big conveyor belt moving you forward.

Michelle: With Parkinson's you can feel different on different days, so it's good to have a lot of options.

Bill: That's right, light exercise is so much better for me these days.

Uncle Chris: Then our exercise class should have something from each zone.

Chris: Great idea.

Debs: Let's get on the travelator everyone. To the Light Zone. Lead the way, Michelle and Bill!

Michelle: Jump on the travelator with us adventurers.

SFX Ding.

SFX the mechanical whirring of the travelator.

Adventurer: This is such a smooth ride!

Adventurer: So easy to walk along.

Adventurer: I wish they had these everywhere I go!

PA: You have arrived at the Light Zone - enjoy your workout!

SFX calming music, wind chimes etc.

Debs: We're here, everyone.

Linda: Wow, there is so much to choose from.

Hazel: There's tai chi here! That's a bit of me.

Pauline: There's a giant wall filled with tins of baked beans here...

Linda: And people are using them as weights.

Ada: There's even people pushing trolleys around a supermarket and piling them up high with shopping to add more weight.

Bill: That's my favourite exercise, Ada.

Michelle: Me and Bill love a bit of supermarket sweep!

SFX customers discussing what they see and want to try out.

Connie: Nanna Debs, this seems pretty low-stress exercise... Where are all the weights, running machines, and exercise bikes?

Debs: Whoa, slow down, Connie. That's not really how I exercise now, and everything you see here is a different way of doing things.

Connie: (with worry) But that's what exercise is, isn't it? Going fast on the bike, pushing it at aerobics? That's what will work and help you stay well?

Debs: (reassuring) Even everyday things count as exercise, Connie...

Cyril: It isn't just high-intensity stuff you see on TV

Russ: I play wheelchair rugby, and we do stretch exercises with a pillow instead of weights!

Linda: Even household chores, like putting the bins out or going shopping count.

Ada: As you get older, exercise looks different.

Debs: And doubly so for me, now I'm living with Parkinson's.

SFX customers agree.

Chris: Why don't you try some with us, so you can see Connie?

Connie: Ok Chris, good idea.

SFX whistle.

Uncle Chris: And don't forget to be banking some of these for our exercise class. We haven't got all day, you know!

Connie: (reacting to the whistle) We won't Uncle Chris! Stop worrying. Ok, what shall we try first everyone?

Hazel: Let's do a bit of tai chi. Cue the calming music.

SFX calming music.

Hazel: Imagine you're lifting up a beach ball in front of you, and then bring it in towards your chest.

Now, as you breathe in, imagine the ball slowly growing and widen your hands. As you breathe out, imagine it's getting smaller, and bring your hands closer together.

SFX customers doing it.

Debs: You too, adventurers!

SFX Ding.

Adventurer: It's so relaxing.

Adventurer: But still a nice stretch!

Adventurer: I'm loving this.

SFX Connie doing the exercise too fast – breathing heavily.

Connie: Ok ball done!

Debs: Connie, that was a bit fast, you'd have burst that ball if it were real.

Connie: Just working out Nanna Debs! What's next?!

Pauline: Let's do some baked bean can weightlifting, grab a tin each, everyone.

SFX grabbing tins off the shelf.

Debs: Is everyone beaned up?

Customers: Yes!

Pauline: Then lift them slowly up and down again, eight times! You too adventurers, grab two tins and work out with us!

SFX Ding.

Adventurer: I can feel the pump and not in the usual bean's way!

Adventurer: These cans are no match for me.

Adventurer: Come on everyone, we can do it!

SFX Connie is doing it too intensely and counting more reps.

Connie: I've done triple that now - come on Nanna Debs, get another set in with me!

Debs: I'm ok with the eight love. Shall we move on before Connie does herself an injury...

Michelle: Right you are. It's time to pair up, grab a trolley and do a supermarket sweep!

SFX Supermarket sweep game show style music and sounds of supermarket (check out beeps, trolley wheels, tin cans stacking, automatic doors swishing etc).

Connie: Nanna Debs, You're with me. We're going to smash this.

Debs: Connie, it's just shopping...

Connie: I know, I know...

Michelle: The aim is to fill up your trolley with all your favourites and get to the finish line.

Bill: As the trolley fills up, it gets heavier...

Linda: So the exercise level increases.

Bill: Exactly.

Michelle: But remember it's a workout, not a race.

Cyril: It's time to put that whistle to good use now, Uncle Chris...

Pat: Start the sweep!

Uncle Chris: Don't have to ask me twice. On your marks...get set...SWEEP!

SFX whistle followed by shopping trolley wheel skids. The customers fill up their trolleys.

Uncle Chris: You too, Adventurers. Fill those trolleys.

SFX Ding.

Adventurer: Pass the cereal!

Adventurer: Aw, why am I stuck with the pushing...

Adventurer: Because I'm better at grabbing, you should see me on a claw machine!

Connie: Come on Nanna Debs, speed up your pushing while I load it up.

SFX Connie overtaking customers and them reacting, 'excuse me, need to fill this

trolley, sorry Steve!' Etc.

SFX A really heavy shopping trolley pushing along. Squeak of the wheels, a grinding sound.

Connie: The finish line's just in sight, come on, keep pushing!

Debs: Slow down a bit Connie, will ya? It's getting really heavy.

Connie: That's good! Exercise will keep you well remember. Woohoo, we've done it. We came first!

SFX Connie celebrating.

Debs: Connie love, it wasn't a race... I'm worn out now, keeping up with you.

Connie: Come on, everyone. Finish your sweeps!

SFX Customers a bit taken aback - oh is it over already? I thought it wasn't a race!

Connie: This zone was all well and good but it's not working us out enough.

Ada: But we're getting lots of good exercises for the class, aren't we?

SFX Customers agreeing - it was good to try something light etc.

Connie: Yeah, yeah totally. Just maybe for a warm-up section. We need to crank it up a bit. Come on, everyone! Let's get the travelator to the Medium Zone on the double.

SFX Connie asking everyone to follow on as if she's shouting behind her.

Steve: I think she's got the wrong end of the stick here.

Linda: She's going at everything too forcefully...

Pauline: Definitely not in-keeping with the vibes of the zone.

SFX Customers agreeing.

Debs: Yeah I hear you, everyone... I just don't know how to tell her.

Uncle Chris: We'll figure something out Mum, but we'd better catch up to her first.

SFX whistle.

Uncle Chris: Connie, slow down! And don't forget we can't be here all day, the TV crew will be arriving soon.

Join us next time, adventurers and help us plan this exercise class in time for the live TV broadcast! Until then!

Music: Armchair Adventures theme.

Credits: This is a 'Made by Mortals' Production funded by Parkinson's UK, the charity that's here to support every Parkinson's journey. Every step of the way. With special thanks to Michelle, Bill and Chris.