

## **Armchair Adventures: A Join-in Story Podcast For Kids**

### **A Planet Exercise Adventure!**

#### **Part 2**

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

*Music: Armchair Adventures theme tune.*

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 all say their names.*

Connie: Hi everyone.

Adventurers: Hi Connie.

Connie: Did you know, Armchair Adventures also has a super fun, join-in-at-home quiz show called 'UNPACKED'. There's lots of funny games to play along with! So for all the grown-ups listening, click subscribe, and the next one will land straight in your feed when it comes out!

And 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. Restart. Call. Now.

*SFX phone ringing.*

#### **Scene 1**

*SFX of the exercise planet from before is lightly in the background, and a much more difficult and faster-moving travelator.*

*SFX customers are struggling throughout this section to underscore.*

Uncle Chris: Welcome back, adventurers! Last time we were together, me and my mum, Connie's Nanna Debs, were planning an exercise class for people living with Parkinson's that's going to be broadcast on live TV!

Michelle: Parkinson's is a condition that affects your brain and how you move.

Hazel: Connie's Nan has recently been told that she has it.

Debs: That's right, I've always been active, and exercise works like a medicine for people like me. So, along with Connie's lovely customers and my new friends from Parkinson's UK, we set about making a workout class.

Uncle Chris: But once Connie heard exercise could help Nan stay healthy, she wanted to get involved too.

Debs: But she didn't know anything about exercise... so we've come on an armchair adventure to 'Planet Exercise' to help her.

Pauline: There are three exercise zones on this planet...

Linda: Light, Medium and Tough!

Alec: With a big traveller that links them all together.

Russ: This traveller is definitely more difficult than the one that took us to the Light Zone Pat...

Hazel: That's because it's going uphill!

Ada: It's faster than last time, too.

Hazel: No one told us about the journey between zones getting more difficult!

*SFX the customers struggling increases.*

Steve: Adventurers, can you help push us up this travelator?!

*SFX Ding.*

Adventurer: Put your back into it, everyone!

Adventurer: All those biscuits in your pockets are making this harder!

Adventurer: 1, 2, 3... Push!

Steve: Thanks, Adventurers.

*SFX customers are also saying thanks to the adventurers.*

Michelle: We started off in the Light Zone, with some tai chi,

*SFX of tai chi from part 1*

Michelle: ...bean can weightlifting...

*SFX of bean can weight lifting from part 1*

Bill: And my favourite – a supermarket sweep.

*SFX of supermarket sweep from part 1*

Pauline: But Connie didn't really understand the vibe...

Pat: And was doing all the light exercise too fast and with too much effort.

Debs: I think she has been worrying about me getting enough exercise and misunderstood the type of class we want to do. And now she's run off to the next zone without us.

*SFX Whistle*

Uncle Chris: And don't forget, we are also supposed to be getting ideas for the class while we're here. The crew will be at the armchair adventures headquarters in half an hour!

*SFX DUN DUN DUNNNN!!*

Debs: Well, it's a good job we've arrived then.

PA: You have arrived at the Medium Zone - enjoy your workout.

*SFX more intense exercise music, an aerobics instructor shouting instructions.*

Connie: About time you lot! But I'm glad you made it! Wow, this zone looks much more intense. There's step trainers that go on and on, speed walking areas, a racetrack.

And just look at those bikes with a big screen on that makes it look like you're riding anywhere in the world! I fancy that. This is more like it, Nanna Debs. We should get a go on those bikes asap!

Debs: Maybe, love.

Connie: (to self) A good long bike ride will keep her well for sure...

Chris: There is also my favourite kind of workout here - Chair exercise!

Connie: Chair exercise? But isn't that sat down, Chris?

Chris: Doesn't make it any less of a workout. Would everyone like to try out my chair exercise boot camp?

Customers: Yes please, let's do it! Etc.

Connie: It does sound fun! Maybe the bikes can wait a little bit...

Chris: Parkinson's has made my voice softer, so I'd like to introduce you to my best friend...

*SFX the whine of a megaphone turning on, that puts the effect on Chris's voice for the following section.*

Chris: The megaphone!

Customers: Can't wait, let's get it! etc

Chris: Ok, you lovely lot, get a chair and sit up straight in it. And you adventurers!

*SFX Ding.*

Adventurer: Ready and waiting, Captain Chris!

Adventurer: I can't wait!

Adventurer: Does my couch count?

Adventurer: No, it doesn't. Get a proper chair!

Adventurer: Oh alright then...

Chris: Now all you have to do is repeat my chant and follow the actions. But most importantly, only join in as much as feels right for you.

*SFX a boot camp drill to beat from 'I don't know what I've been told'*

Chris: Are you Ready? Let's go!

Customers: Put your bum down on the chair.

*SFX Ding.*

Adventurers: Put your bum down on the chair.

Customers: Wave your hands up in the air.

*SFX Ding.*

Adventurers: Wave your hands up in the air.

Customers: Wave to the left and to the right.

*SFX Ding.*

Adventurers: Wave to the left and to the right.

Customers: Shake your hands with all your might.

*SFX Ding.*

Adventurers: Shake your hands with all your might.

Customers: Now stretch your legs out to your toes.

*SFX Ding.*

Adventurers: Stretch your legs out to your toes.

Customers: tap the floor with gentle blows.

*SFX Ding.*

Adventurers: Tap the floor with gentle blows.

Customers: From the middle start to bend.

*SFX Ding.*

Adventurers: From the middle start to bend.

Customers: Now touch your toes and that's the end!

*SFX Ding.*

Adventurers: Touch your toes and that's the end!

Customers: We loved it! That was great etc.

Uncle Chris: That will be great in the live broadcast. Shall we go again?!

*SFX – customers – yes please!, talking and laughing asking for more, they start up the chant again in the background to cover the below conversation.*

Connie: (an aside to Nan) How is this for you, Nanna Debs?

Debs: Pretty good, Connie. Chris is a great teacher, and I like that I can go at my own pace.

Connie: Well, that's good news because I have had my eye on those bikes since we arrived...the ones that change the scene on a big screen in front of you, so it looks like you're cycling anywhere in the world!

Debs: Listen Connie, I know what you're trying to do, but *more* exercise doesn't mean better treatment...

Connie: (caught out and trying to cover it up) No, no, that's not it, it's just we used to go on bike rides all the time, it would be nice to keep doing that...

Debs: And we still can love, it's just...

Connie: (not listening) Come on, the others won't mind if we nip off...

*SFX Connie running off. The sound of her feet.*

Debs: Hang on, Connie. I wasn't finished talking to you...wait up!

## **Scene 2**

*SFX cycling zone, the whir of bike wheels, pumping music like a peloton class.*

Connie: Wow, look at all these bikes! There's so many places you can pick to cycle! France, the Great Wall of China, the moon! There's even made up places like a fairy castle or inside the human body! Where would you cycle, adventurers?

*SFX Ding*

Adventurer: A sweets factory!

Adventurer: Mount Everest!

Adventurer: Over a huge rainbow.

Adventurer: I would probably go into a computer game.

Adventurer: I'll go to a unicorn castle.

Connie: Great ideas everyone! Nanna Debs, where shall we go on a bike ride together?

Debs: I don't mind love, but before we get going, can we finish our conversation, please?

Connie: Yes, definitely, but please can we just do that after we cycle together? Please?

Debs: Right, go on then... Where are we off?

Connie: Let's go to the jungle! We can cycle past loads of cool animals.

*SFX cycling noises and sounds of the jungle monkeys etc.*

Connie: Adventurers, pretend to cycle through the jungle with us.

*SFX Ding.*

Adventurer: Wow, was that an orangutan that I just passed?

Adventurer: Watch out for falling branches!

Adventurer: All the nature is so beautiful!

Connie: Woohoo, that was so cool! Where next? Let's try that sweet factory you mentioned, adventurers!

Debs: I was alright just with the jungle...

Connie: But wait till you ride over a track made of giant bouncy gummy bears.

*SFX cycling noises and sounds of a sweet factory, hissing machines and sprinkles followed by the bouncing of gummy bears.*

Connie: Adventurers pretend to bounce on the gummy bear road with us.

*SFX Ding.*

Adventurer: It's so bouncy I nearly flew off the track!

Adventurer: I think my brain fell out.

Adventurer: I tasted a bit of the road - watch out for the pothole I made!

Adventurer: It's so wibbly and wobbly as well!

Debs: (shouting over to her) Connie, I think I'm all wobbled out after that!  
Let's have that talk.

Connie: (to self) Oh no, we can't stop now, if exercise is medicine, more has to be better...(to Nan) Yeah, definitely Nanna Debs, but let's just try one more... How about the moon?

*SFX cycling noises and the atmosphere of the moon! Alien chatter, twinkling stars, a rough terrain.*

Connie: Wow, no gravity makes peddling harder! Adventurers, cycle on the moon with us.

*SFX Ding.*

Adventurer: Arrgh! Is that an alien?!

Adventurer: It's definitely not made of cheese, everyone!

Adventurer: This track is soooo rocky!

Adventurer: I wish I'd brought my spacesuit!

Connie: This is great. Really getting the blood pumping, we could get some bikes for the TV Class. Don't you think Nanna Debs?

Debs: Connie, we need to stop a minute... I'm not feeling right.

Connie: What do you mean? Are you ok?!

*SFX cycling stopping.*

Debs: I just need to rest a minute, get me down off this bike...

*SFX of getting down off the bike*

Connie: Of course, quick, let's walk over to that bench.

*SFX A few steps from Nanna Debs that start normally but begin to slow.*

Debs: The floors a bit uneven here Connie, I can feel myself stopping... I'm going to freeze.

Connie: Nan, I'm sorry. Help! Everyone, come quickly!

*SFX the customers' feet running over.*

Customers: What's going on? Is everything ok?

Michelle: What's happened, Connie?

Connie: It's Nan, she's not well, and it's all my fault! I'm sorry, Nanna Debs. I was only pushing you to do more exercise because I thought it would help you stay the same. I didn't mean for you to get hurt!

Debs: Connie, it's ok. You haven't hurt me. This happens now when I do a bit too much. We call it freezing.

Bill: It's when your body stops suddenly.

Debs: Like someone has turned you off with a switch.

Michelle: It's because your brain has stopped sending the movement messages to your body.

Chris: It can happen sometimes if you get too tired or overdo things.

Michelle: But I know a great way to help you get moving again.

Uncle Chris: Let's all do it together, Michelle.

Debs: Yes, please, you too, adventurers.

Michelle: Ok, first - sigh.

*SFX Customers sigh.*

*SFX Ding.*

Adventurers: \*SIGH\*

Michelle: Now gently sway from side to side.

*SFX Customers sway.*

*SFX Ding.*

Adventurer: Keep it gentle, everyone.

Michelle: Now take one step forward.

*SFX Ding.*

Adventurer: Nice and slow, one foot forward, everyone.

Adventurer: And then the other.

Debs: Ah, that's great, I can feel my movement coming back now, thanks everyone.

Customers: No problem etc.

Connie: I was pushing you too far, wasn't I, Nanna Debs...That's what you were trying to tell me before I made you get on those bikes?

Debs: Yes, love. You need to meet me where I'm at now. Some days I can still have a bike ride with you. Other days it might have to be a walk or even watching a film and chilling out together instead.

Bill: With Parkinson's, you have good days and bad days.

Chris: But the thing is, you never know which one you are going to get.

Michelle: It changes from day to day.

Bill: And that's why the level of exercise needs to change, too.

Debs: Connie love, it's important to remember that all exercise is good exercise when you're living with Parkinson's.

Connie: Ok I hear you! Sorry I haven't been listening everyone. I thought more exercise and pushing yourself meant it would be better for you.

Let's get out of here and back home. I've pushed you too far already, and I won't be letting it get worse! Absolutely no Tough Zone for us...

Debs: Not on your Nelly, Granddaughter! You have to trust me that I know my own body, and besides, we have an exercise class to plan!

Michelle: Parkinson's affects everyone differently, so some people might want some exercises that push them a little bit more too.

Debs: Exactly Michelle, and dancing is part of that zone too, and I've really been looking forward to it.

Connie: (not convinced) Hmmmm, ok if you're sure...

Debs: Surer than sure love.

*SFX Whistle.*

Uncle Chris: Then let's get a move on! I love a bit of dancing, but no one will be celebrating if we aren't back in time for the live TV broadcast!! Join us next time, adventurers and help us finish off this exercise class!

*Music: Armchair Adventures theme tune.*

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.