

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

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

#### **Part 3**

*Music: Armchair Adventures theme tune.*

Connie: Good morning, good afternoon, or good evening, wherever you're listening from, adventurers! And a big hello to all our adventurers on YOTO. Thanks for listening! The voices of today's join-in-at-home Adventurers are...

*Adventurers all say their names.*

Connie: Hi everyone.

Adventurers: Hi Connie.

Connie: 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.

#### **Scene 1**

*SFX planet exercise again, but a much heavier going travelator, it's faster again. Customers are struggling throughout this section to underscore.*

Uncle Chris: Welcome back, Adventurers. Last time we saw you, we were on an adventure to planet exercise, planning a workout class for live TV.

Ada: Planet exercise has three difficulty zones. Light, Medium and Tough.

Hazel: With a travelator that links them all together.

Steve: We're off to the 'Tough Zone...'

Alec: And this travelator is much more difficult again.

Sue: It's like climbing a mountain this time! Pretend to climb this travelator with us, Adventurers.

*SFX Ding*

Adventurer: This travelator is going faster than Usain Bolt!

Adventurer: This is heavy going...

Adventurer: Watch you don't slip.

Adventurer: If this is the only way to get there, the exercise is going to be intense!

Connie: We're here doing the broadcast with my Nanna Debs and her friends from Parkinson's UK because she was recently told she has Parkinson's.

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

Connie: I found out exercise is a type of medicine for it, and pushed Nan too far because I was worrying about things changing.

Bill: And for People with Parkinson's, that means exercise needs to be different too.

Debs: Because Parkinson's affects everyone differently, it's important to have a good variety of challenge on offer.

Connie: Nan wasn't doing too well after I pushed things, but she still wants to plan some heavy exercise for the TV broadcast...so we're off to the Tough Zone. But between you and me, adventurers, I'm a bit worried about that, to be honest. I don't want her to do too much...

Steve: (out of breath) Speaking of exercise, is there any easier way of getting to the Tough Zone than this travelator!?

Debs: Oh yeah, sorry everyone! Forgot to mention they have flying taxis on planet exercise in case things get too much.

Steve: Now you tell me!

Debs: Sorry Steve. Son, put that whistle to good use and get us a flying taxi please.

*SFX whistle.*

Uncle Chris: No problem, but remember we have to be back for the live broadcast in 15 minutes... with a solid plan for the class!

Customers: Stop worrying Uncle Chris, we've got this! Etc.

*SFX flying taxi pulling up.*

Nina: Wow, this taxi looks like a spaceship.

Connie: Get in everyone.

*SFX customers getting in.*

Keith: To the Tough Zone please.

PA: Arrival in 5 seconds, prepare for blast off.

*SFX the flying taxi blasting off. The customers react.*

Sue: Wow! Now this is some speed.

Anne: Adventurers, pretend to fly in the taxi with us.

*SFX Ding.*

Adventurer: Woohoo, this is travelling in style.

Adventurer: It's so fast! I feel like a blur.

Adventurer: I hope we land soon, I feel sick!

Adventurer: Arrgh! My hat just flew off!

*SFX the flying taxi screeching to a halt.*

PA: You have arrived at the Tough Zone – enjoy your workout.

*SFX sounds of the Tough Zone, hardcore workout music.*

Alec: There's loads of weightlifting machines here.

*SFX sounds of heavy weights hitting the floor.*

Pauline: People really working up a sweat running back and forth.

*SFX sounds of shoes on a track.*

Keith: There's speed walking groups...

Chris: Walking football...

*SFX a goal hitting the net.*

Bill: A hardcore aerobics class...

*SFX blast of someone keeping people motivated.*

Michelle: There's even a pool with people relay swimming...

*SFX swimmers cutting through the water.*

Connie: Loads of the activities here are team sports.

Debs: That's because team sports are also great for keeping social. So when you're feeling a bit down in the dumps you can have a good chat with your friends while getting active.

Chris: And when your balance isn't right, you have someone to lean on too!

Debs: Speaking of which! I can hear the dance area up ahead, and they are pumping out my favourite type of music.

*SFX 90's dance music a bit farther off.*

Debs: Come on, everybody. It's time for some serious group dancing. Follow me... To the dance floor!

## **Scene 2**

*SFX 90's dance music as if we have arrived at the club. People cheering, feet hitting the dancefloor.*

Linda: I love it here! Everyone is really getting their groove on.

Anne: I love the flashing lights too.

Keith: It's like a festival.

Pauline: Everyone's gear looks lovely! So many bright colours.

Sue: Some even have face paint on. I'd like a bit of that!

Ada: What would your dance gear look like, adventurers?

*SFX Ding.*

Adventurer: I'd 100% have a tutu.

Adventurer: Leg warmers all the way for me.

Adventurer: I'd deffo wear my best trainers.

Adventurer: I would wear bright pink headbands and wristbands.

Ada: They sound fab.

Steve: You can tell everyone is having fun, but really working out at the same time.

Connie: Steve's right, the dancing here seems pretty full-on, Nanna Debs. People are really going for it...

Debs: Well, we are in the Tough Zone Connie...

Connie: Yeah, but people are like *really* going for it, and you've just frozen after the bike ride...

Debs: Yes, and I told you that's...

Connie: (cutting her off) So, I think we'd best just stand at the back for this one and watch...

Debs: Connie love, you have to trust me. I know my limits, like I said earlier you need to meet me where I'm at ok?

Connie: But what if you freeze again? What if you end up hurt?

Debs: Listen love, that's why we're planning this exercise class. So people living with Parkinson's have a great class with lots of variety.

Michelle: And if you think back to the different zones, there's been lots of ways to join in at your own pace.

Debs: And we can do this in dance too. We can learn a routine that's easy to adapt to how much you can do. That way, I'll pick the version that suits me best.

And if that feels too much once we get going, then I'll take a rest and enjoy a good chat with my friends.

Connie: (tentative) Right... I think I'd still rather we sit this one out.

Debs: You need to trust me Connie. Maybe the best way is to show you. Who's up for a dance?!

*Customers cheer.*

Debs: Hit it DJ!

*SFX Groovy dance tune to underscore all the dancing.*

Debs: Join in with us, too, adventurers! Remember, you can do this sitting down or standing up!

For our first move, raise your hands in the air, above your head or as high as you can, do what feels right.

Now roll your wrists around three times.

And slowly shimmy your arms down to your sides.

If you're standing on the dance floor, take three steps left, then do a clap, but if you're sitting down, just tap your feet.

Now same again, only three steps right.

Then shake your shoulders with all your might.

Woohoo! Now let's do that again, everyone. Adventurers, could you lead this time?

*SFX Ding.*

Adventurer: Raise your hands up in the air.

Adventurer: Roll your wrists around three times.

Adventurer: Three steps to the left or tap your feet.

Adventurer: Then do a clap.

Adventurer: Now same again, but three steps right.

Adventurer: Then shake your shoulders with all your might!

Debs: Well done, everyone!!

*Customers cheer.*

Connie: That was so much fun! Nanna Debs, I get it now. It's about getting used to the new normal and meeting people where they are at. I was so worried about losing you and trying to keep things the same, I didn't let myself hear that it's ok for things to change.

Debs: I appreciate you worrying about me, Connie love, it shows you care. Change can be scary, but I need you to try to stop worrying. People can live a long time with Parkinson's, so I'm not going anywhere, anytime soon, ok?

Connie: Ok, Nanna Debs.

Debs: And remember I love you lots, and no matter what happens, I'll always be your Nan, we can face the changes together!

Connie: Deal, I love you too Nan.

Debs: Now, let's all do my favourite kind of dancing to finish... Freestyle! Dance to the beat of your own drum with us, adventurers.

*SFX Ding.*

Adventurer: Check out my floss.

Adventurer: It's a backflip for me.

Adventurer: You can't beat my breakdancing.

Adventurer: I can do the griddy.

Adventurer: I'm going to do a bit of ballet!

Uncle Chris: I'm having so much fun dancing, I can't help feeling like I'm forgetting something...

Hazel: I know what you mean Uncle Chris...

Joanna: What could it be?

Customers: Erm... There is something. I can't think of what it could be.

*SFX three urgent whistle blasts, the music cuts out with a record scratch.*

Uncle Chris: THE LIVE TV BROADCAST! Oh no! They will be at Armchair Adventures HQ in five minutes!

*SFX dun dun dun!*

Sue: But we haven't planned the class.

Ada: We've got loads of ideas.

Hazel: But how will we put them all together in time?

*Customers are overwhelmed and panicking.*

Connie: Right everyone, calm down, I've got an idea! Seeing as we are already dancing, and music is a big part of exercise, why don't we put all our ideas together into a song?

Debs: Great idea! Can we do it together, Connie? I feel like I could do with some help after all this adventuring...

Connie: Yes, please, Nanna Debs, I'd love to meet you where you're at.

Debs: That's my girl.

Connie: Ok, everyone follow Nanna Debs and me! You too, adventurers.

**Song – Planet Exercise!**

*SFX crew coming in, the gang greeting them.*

Connie: What a great adventure, everyone! We have arrived back just in time for the TV people too.

Uncle Chris: How exciting! I'm going to go and help them set up...

*SFX whistle! And his footsteps running off.*

Uncle Chris: This way, you can set up over here. We're so excited for this...

Michelle: And we have a perfect routine for them too.

Bill: Well done, everyone.

*Customers agree.*

Connie: Thanks so much for helping me today, too Nanna Debs. Next time were hanging out together, I'll make sure my first question is 'how are you feeling today?' and go from there.

Debs: That sounds perfect Connie. Now, everyone, let's get ready to be on live TV!

*Customers cheer!*

Connie: Right, I'd better get ready too. See you next time, adventurers.

Adventurers: Goodbye Connie.

End call, now.

*SFX Phone hanging up.*

Lovely.

*Music: Armchair Adventures theme.*

Connie: Thanks for another amazing adventure, everyone. We have loads more episodes you can enjoy wherever you get your podcasts! Why not try out some more adventures until I see you next time? Byeeee!

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.