

# Make Exercise FUN and DONE The ADHD Way!

Presented By  
Kristin Galbreath: Octopus ADHD Coaching


- CHADD Virtual Conference 2023 Handout -

## How To Do The Soft Shoe:

### YouTube Playlist “soft shoe” tap routine - “Tea For Two”:

**Seated introduction (Go to 28:20 to see what the whole dance looks like):**

Note: 25:20 - 25:57 is the first part of the traditional soft shoe for this song

 [How to Tap Dance For Seniors- Chair Dance - Tea For Two](#)

**YouTube playlist of 3 other soft shoe intro videos I like:**

[https://youtube.com/playlist?list=PLIb4BkGQUIhNH7bduw8zJLKUyqQh2o\\_S&si=b8MC66uAN1jaNyW0](https://youtube.com/playlist?list=PLIb4BkGQUIhNH7bduw8zJLKUyqQh2o_S&si=b8MC66uAN1jaNyW0)

## Additional Resources

- More info in my blog post:

[Octopus ADHD - How To Enjoy Exercise Part 2: Do What You Like](#)

- Get stuff done using body doubles (and join my email list) by downloading my freebie with checklist:

[“End Procrastination By Hosting Body Doubles!”](#)

- Link to slides on Canva (expires 5DEC2024):

[https://www.canva.com/design/DAFz5iWRT7k/EI535KWU0laom3KF8-dJsA/view?utm\\_content=DAFz5iWRT7k&utm\\_campaign=share\\_your\\_design&utm\\_medium=link&utm\\_source=shareyourdesignpanel](https://www.canva.com/design/DAFz5iWRT7k/EI535KWU0laom3KF8-dJsA/view?utm_content=DAFz5iWRT7k&utm_campaign=share_your_design&utm_medium=link&utm_source=shareyourdesignpanel)

## Resources Mentioned:

**Website title: ADD freeSources**

“ADHD pioneer Russell Barkley, Ph.D. explains, **‘First, we must understand that most ADHD management is not a problem of knowing what to do. It’s a matter of doing what we know.’**”

From:

Title: Strengths Archives  
Website title: ADD freeSources  
URL:<https://addfreesources.net/tag/strengths/>  
Published year:Missing  
Date accessed:August 17, 2023  
Contributors:Missing

### **Russell A. Barkley, Ph.D.**


Title: ADHD Brain: Unraveling Secrets of Your ADD Nervous System  
Website title: ADDitude  
URL:<https://www.additudemag.com/secrets-of-the-adhd-brain/>  
Date published: August 24, 2022  
Date accessed: August 17, 2023  
Author: William Dodson

Title: Your Unique ADHD Brain Chemistry, Explained  
Website title: ADDitude  
URL:<https://www.additudemag.com/adhd-brain-chemistry-video/>  
Date published: June 29, 2023  
Date accessed: August 17, 2023  
Author: William Dodson

### **Dr. John Ratey, MD**

Ratey, John J., and Eric Hagerman. *Spark The Revolutionary New Science of Exercise and the Brain*. Little Brown Spark, 2008.

### **Dr William Dodson, MD**

- Title:ADHD Brain: Unraveling Secrets of Your ADD Nervous System  
Website title:ADDitude  
URL:[ADHD Brain: Unraveling Secrets of Your ADD Nervous System](#)  
Date published:August 24, 2022  
Date accessed:August 17, 2023  
Author:William Dodson
- “It is the ADHD nervous system, a unique and special creation that regulates attention and emotions in different ways than the nervous system in those without the condition.”
- “It is a nervous system that works well using its own set of rules”.
- “For people with a neurotypical nervous system, being interested in the task, or challenged, or finding the task novel or urgent is helpful, but it is not a prerequisite for doing it.”
- Dr Dodson’s presentation on YouTube
  -  Defining Features of ADHD That Everyone Overlooks: RSD, Hyperarousal, More (...)
  - Dobson, William. *Defining Features of ADHD That Everyone Overlooks: RSD, Hyperarousal, More*. YouTube video. YouTube, <https://www.youtube.com/watch?v=vycWlZURgZM>. Accessed 17August2023
- He has some good articles at <https://www.additudemag.com/> (search for Dobson)

## KC Davis, LPC:

- (The example of using an on-ramp to start using her exercise cycle is a story in her (fantastic) book, "How To Keep House While Drowning" )
- Davis, K. C. *How to Keep House, While Drowning A Gentle Approach to Cleaning and Organizing*. S&S/Simon Element, 2022.
- She has a very informative website with resources: <https://www.strugglecare.com/>

**Llama Life - flexible Pomodoro-style app on computer (not free but free to try)**

**Strava - physical activity tracker app (free version works well)**

---

## Exercise Video YouTube Links:

### Some Dance and Exercise Videos I like:

***Remember: It is your responsibility to make sure you are healthy enough to do the activities linked below (you can modify them to work with your abilities and limitations).***

*If in any doubt, check with a medical professional who is familiar with your current physical condition and any limitations you currently have.*

*Our bodies keep changing as we age and we need to continually reassess our current abilities because our bodies change as we age. We may not be able to do the activities we used to do without appropriate modifications.*

---



### **Lazy Dancer Tips -**

@lazydancertips•213K subscribers•512 videos

About:

"Not the usual Ballet channel. This is for you to discover the beauty, tricks, and tips of the Dance World. I'm eager to share with you everything I've learned throughout my career from dancing to teaching Ballet" -*Lazy Dancer*

## Lazy Dancer Tips YouTube Channel:

<https://www.youtube.com/channel/UCbUN4EOchmBbZ9ZjKi9lRVQ#>

## Free Mini Course: "Ballet Basics For Adults" (on website)

[lazydancerstudio.com/ballet-basics-for-adults](http://lazydancerstudio.com/ballet-basics-for-adults)

## Get Ballerina Fit [FREE PLAN] (on website)

[lazydancerstudio.com/free-download](http://lazydancerstudio.com/free-download)

---



## Beginner Dance Tutorials - (tap and other dance styles)

Beginner Dance Tutorials: "If You're Moving, You're Doing It Right"!

@BeginnerDanceTutorials • 128K subscribers • 257 videos

About:

Welcome to Beginner Dance Tutorials! I'm Carrie, and I'm passionate about sharing the joy of dance with others.

As the name suggests, I created this channel specifically for beginner-level dancers. If you want to learn TAP or COMMERCIAL JAZZ style choreography at an easy pace - you're in the right place.

My ultimate goal is to share dance that's easy and fun (aka #prettygooddancing). Don't worry about what you look like or if you get all the steps; instead, focus on how dancing makes you feel. Just remember - if you're moving, you're doing it right!

Looking forward to dancing with you. 💜

\*When dancing, please remember to be safe and smart, and always consult with a physician regarding your engagement in physical activities. -*Beginner Dance Tutorials*

**Beginner Dance Tutorials YouTube Channel:** <https://www.youtube.com/@BeginnerDanceTutorials#>

**Website:** <https://www.carriemitchell.net/the-happy-tappers-club-waitlist-tap>

---



## Alexis Perkins:

### About

Alexis Perkins is the Founder and Creative Director of Chair One Fitness. She has always had a passion for fitness, television production, dancing, and public speaking.

As a Magna Cum Laude graduate from Norfolk State University she went on to work at CBS affiliate WTKR News Channel 3 and became co-producer and lead instructor for the 30min television program Fuzion Fitness and Body By Alexis.

Alexis made a huge impact in the fitness world teaching Zumba Fitness internationally and coordinating the LOVE Fest; which became the largest dance fitness event in Hampton Roads Virginia attracting people from all over the United States.

All these paths in conjunction with her close relationship with her grandmother and teaching seniors for years led her to the creation of the nationally accredited program Chair One Fitness. Chair One Fitness not only offers fitness instructors longevity in this field but is also a blessing to all who take the class, and overcome physical limitation -*Alexis Perkins*

### Alexis Perkins YouTube Channel (Chair One Fitness):

<https://www.youtube.com/@iamkingalexis>

(Her website): Chair One Fitness

<https://chaironefitness.com/>

(She has 239 videos! Lots of chair dance to great music!)



## Paul Eugene -

### About:

Welcome! This channel is all about inspiring the world to exercise body, soul, and spirit regardless of your body shape, size or limited mobility. There are workouts for beginning, intermediate and advanced fitness levels. We are all amazing human beings with amazing stories, so I share stories of inspiration, and courage to help you through your day. So subscribe now and be inspired to a better you in body soul and spirit. -*Paul Eugene*

### Paul Eugene YouTube Channel:

<https://www.youtube.com/@PaulEugene>

(He has 998 videos! Dance fitness and chair dance and more!) - *Kristin*






















---





















## My 5 minute Pomodoro breaks playlist:

(You Tube Music):

<https://music.youtube.com/playlist?list=PLIb4BkGQUiTgz6CBliUYctnRxINCzGzIm&si=n4-aPZ8vXm9Ycphq>

Screenshots of the song list:

	Shout, Pts. 1 & 2	The Isley Brothers	Shout!		4:29
	Crocodile Rock	Elton John	Don't Shoot Me I'm Only T...		3:56
	Bad, Bad Leroy Brown	Jim Croce	Life & Times		3:03
	Play That Funky Music (Single Version)	Wild Cherry	Drivin' Rock		3:11
	The Hustle	Van McCoy	Disco Baby		4:09
	(Your Love Keeps Lifting Me) Higher ...	Jackie Wilson	The Ultimate Jackie Wilson		3:01
	Get Down Tonight	KC and the Sunshine Band	The Best of Tutti Frutti Co...		3:16
	Dancing Queen	ABBA	Arrival		3:51
	Kung Fu Fighting	Carl Douglas	Kung Fu Fighter		3:18
	Brick House	Commodores	Commodores		3:29
	You Make Me Feel Like Dancing	Leo Sayer	Endless Flight		3:40
	I Will Survive (Extended Version)	Gloria Gaynor	Love Tracks (Deluxe Editi...		8:02
	I Get Around (With Session Intro/Mon...	The Beach Boys	Made In California		2:57
	Best of My Love	The Emotions	The Best Of The Emotion...		3:40
	Stayin' Alive	Bee Gees	Saturday Night Fever		4:45
	Uptown Girl	Billy Joel	An Innocent Man		3:18
	Hot Stuff	Donna Summer	Bad Girls		5:15
	Knock On Wood	Amii Stewart	Music Through Time: 70's		4:10
	December, 1963 (Oh What a Night!)	The Four Seasons	Who Loves You		3:18

	Philadelphia Freedom	Elton John	Goodbye Yellow Brick Ro...	5:39
	I Think I Love You	The Partridge Family	Partridge Family Album	2:56
	Love Will Keep Us Together	Captain & Tennille	Love Will Keep Us Together	3:26
	That's The Way (I Like It) [2004 Rema...	KC & The Sunshine Band	KC and the Sunshine Band	3:06
	I'm Still Standing	Elton John	Too Low For Zero	3:04
	Grease (2006 Remaster)	Frankie Valli	The Definitive Pop Collect...	3:23
	Black Betty	Ram Jam	Ram Jam	3:59
	(Shake, Shake, Shake) Shake Your Bo...	KC & The Sunshine Band	KC & the Sunshine Band, ...	3:07
	Good Vibrations	The Beach Boys	Good Vibrations	   
	Car Wash (Long Version)	Rose Royce	Car Wash	5:08
	Joy To The World (Single Version)	Three Dog Night	20th Century Masters: Th...	3:17
	You Can't Hurry Love	The Supremes	The Supremes A' Go-Go (...)	2:48
	Footloose (From "Footloose" Soundtr...	Kenny Loggins	Footloose (15th Annivers...	3:47
	You're The One That I Want (From "Gr...	John Travolta & Olivia Ne...	Grease (The Original Moti...	2:50
	Girls Just Want to Have Fun	Cyndi Lauper	She's So Unusual	3:59
	Boogie Shoes (2004 Remastered Ver...	KC And The Sunshine Band	KC and the Sunshine Band	2:13

Note: I do not receive any remunerations from my recommendations.