

Dr. Copley: I want you to walk real -- with heavy, like you know how heavy you were? I want you to take heavy steps. One. Like I'm an elephant. One more. Heavy steps. Okay. Stop. Now I want you to be like a mouse and take light steps. Heavy steps. Two, three, four. Now light steps. Now I want you to take long steps. Long steps. Long steps. Long steps.

Now I want you to take short steps. Short steps. Short steps. Now take fast steps. Now take slow steps. Heavy steps. Light steps. Long steps. Short steps. Tall steps. Short steps. Tall steps. Short steps. Give yourselves a hand!

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