

FITNESS

WEEK 8

Flexibility is the ability of your joints to move through their full range of motion. Your degree of flexibility can vary around the body. Having flexibility in your muscles allows for more movement around the joints which means better posture, less muscle tension, reduced risk of injury and relaxation for the mind and body.

Age 4+

This week we will warm up with some fun 'animal antics', we will continue with super flexible alphabet stretches and end with a lively limbo challenge.

Age 7+

This week we will warm up with some a fun 'follow the leader' and also a 'partner relay' game, we will continue with super flexible alphabet stretches and end with a lively limbo challenge.

NUTRITION

O.J. Berry - Oranges & blackberries.

OJ Orange: Juice me for Vitamin C I will boost up your immunity.

Bobby Blackberry: Eat a handfull of me to keep you germ free.

