

FITNESS

Winter Lesson 3

The Fit

Cardiovascular endurance: is physical activity that can be performed for extended periods and uses major muscle groups. This type of exercise helps to strengthen the heart, improves the body's ability to deliver oxygen to the muscles and helps improve sporting performance.

Age 4+ & 7+

This week the children will warm up using our Superstar cardio drills sequence and follow this with a high energy Superstar circuit session. We will cool our bodies down with a funny game called 'hospital tag'. High energy fun all the way.

NUTRITION

THE NUT

Tangtastic ingredients: apples, lime & optional honey

Simple and delicious, this juice is great with green or red apples and the kids can add honey if they prefer, it's super tasty either way and a great boost to lung health.

Adam apple An apple a day takes the toxins away

Limmy Lime Give me a little squeezey, I'll help you breath easy

