

FITNESS

Spring 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+

This week in FitNut the children will warm up with some energetic line touches performing many exercises including running, galloping, jumping, hopping, bear walking and more. They will continue with a high energy Superstar circuit of exercises and cool down with a fun game of 'Musical Animals'

Age 7+

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NUTRITION

THE NUT:

Totally Tropical - Coconut water, pineapple, mango & lime

Marilyn Mango: I'm bursting with vitamins A, B & C, I will keep your eyes & skin healthy

Pablo Pineapple: I will help you recover quick when you have been sick

Coco Coconut: I am yummy when you have an upset tummy

Limmy Lime: Give me a little squeeze, I'll help you breathe easy

