

FITNESS

WEEK 5

Muscular strength: is the ability of the muscle to exert force during an activity. The key to making muscles stronger is working them against resistance, from weights or gravity. Children should not lift heavy weights. Performing tasks like arm circles or rapidly taking the stairs can help them to gain muscular strength. Muscular endurance is the ability of the muscle or group of muscles to continue to perform without fatigue.

Age 4+ & 7+

This week in FitNut, the children will warm up with the strengthening exercise 'Inchworms', followed by working through a FitNut Superstar muscular strength workout sequence and ending with a fun 'wheelbarrow' challenge.

NUTRITION

Bananaberry Greek - Mixed frozen berries, Banana & Greek yoghurt, add milk or vanilla yoghurt to reach to desired consistency.

Billie Blueberry: I protect every cell and make your brain work well.

Rosie Raspberry: I'm a disease fighting berry who can make you feel merry.

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

Barry Banana: I give you energy fast and slow when you want to go go go.

