

Strength Endurance Co-ordination Balance Core

## Marilyn Mango

Super Star Card #22

I am bursting with Vitamins A, B and C. I will keep your eyes and skin healthy.



**Exercise: Superman** (all 4's to 2's)  
**Exercise type: Trunk 4+**  
Begin on hands and knees. Raise and extend your right arm and left leg at the same time trying to remain balanced by keeping a strong core. Then return to starting position and switch, extending left arm and right leg together. Repeat.

Strength Endurance Core

## Caz Cucumber

Super Star Card #12

I can help your joints to flow and encourage your hair to grow.



**Exercise: Plank**  
**Exercise type: Yoga 3+**  
Face down, resting on your forearms or palms on the floor, bench or step. Raise up onto tippy toes. Keep your back in a straight line from head to heels. Be strong, no drooping in the middle. Breathe deep.

Flexibility Balance Co-ordination

## Murray Mint

Super Star Card #18

I help digest your food and brighten up your mood.



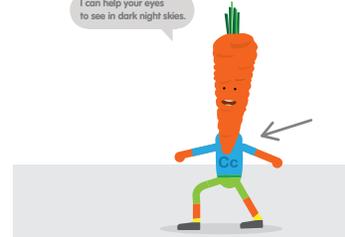
**Exercise: Downward dog**  
**Exercise type: Yoga 3+**  
From all fours curl your toes under, lift hips and straighten your knees. Hold this position as you let your head hang down naturally. Feel the stretch.

Flexibility Strength Endurance Co-ordination

## Chris Carrot

Super Star Card #47

I can help your eyes to see in dark night skies.



**Exercise: Lunge**  
**Exercise type: Lower body 4+**  
Take a giant step forward and bend your knee (not beyond your toes). Stretch your other leg behind you, foot pointing slightly to the side. Switch and repeat.

Flexibility Agility Strength Endurance

## Larry Lettuce

Super Star Card #30

I balance your body from head to toe, the greener I am the more you grow.



**Exercise: Side Lunge**  
**Exercise type: Lower body 4+**  
Feet wide apart. Shift your weight to one leg and bend it. Straighten your other leg. Switch directions and lean the other way. Keep your upper body strong and straight.

Flexibility Strength Core

## Bea Broccoli

Super Star Card #49

I'm tall, I'm green, I look like a tree, I'm full of Calcium and Vitamin C.



**Exercise: Warrior stretch**  
**Exercise type: Yoga 3+**  
Start with feet wide apart, right toes are pointing ahead, left toes pointing slightly outwards. Raise your arms to the side to shoulder height, bend your front knee into a low lunge. Make sure that your knee does not move forward past your ankle as this puts too much pressure on your knee.

Flexibility

## Barry Banana

Super Star Card #2

I give you energy fast and slow when you want to go go!



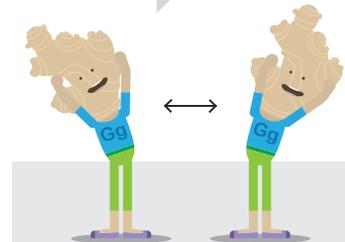
**Exercise: Touch your toes**  
**Exercise type: Lower body 3+**  
From a standing position. Bend from your waist and touch your toes. Try to straighten your legs as you go.

Flexibility Core Balance

## Gigi Ginger

Super Star Card #17

I will fix you quick, if you feel sick.



**Exercise: Side Stretch**  
**Exercise type: Trunk 3+**  
Standing up straight feet together arms pointing to the sky, take a deep breath in, bend to one side with no forward or backward lean at any point.

Balance Strength Endurance Core

## Bea Broccoli

Super Star Card #14

I'm tall, I'm green, I look like a tree, I'm full of Calcium and Vitamin C.



**Exercise: Broccoli tree**  
**Exercise type: Yoga 3+**  
Stand on one foot, think of your leg as a tree trunk rooted into the ground and rest the other foot against it below the knee. Pretend your arms are tree branches. Make a forest with friends.

Flexibility

## Kiki Kiwi

Super Star Card #23

I remove congestion to help you with digestion.



**Exercise: Frog**  
**Exercise type: Yoga 3+**  
Squat down low with your toes turned out. Hands on the floor between your knees. Keep your back straight. You are a frog. Ribbit Ribbit.

Flexibility

## Lizzie Lemon

Super Star Card #10

When you have a cold in your chest, my zest will get you back to your best.



**Exercise: Cat**  
**Exercise type: Yoga 3+**  
While on all fours, curl your back like an angry cat. Relax your head and breathe deep.

Flexibility

## Gary Garlic

Super Star Card #34

I'm a bulb with cloves in sections, I have the power to stop infection.



**Exercise: Lion**  
**Exercise type: Yoga 3+**  
To be a wild Lion, criss cross your legs and sit up tall. Stretch out your tongue, your arms and fingers and breathe out your Lion call.... haaaaaa.